Mind   
well the word mind is one of the most ambiguawords available as at 2013 , just like the word god.

well marriah and im glad he did mentioned this well known saying.

‘your always on my mind’ actually is mis nomenclature in some form, i mean it sounds sexier and doesnt ruint he moment sure hence why. but it really is trying to describe your always on my brain. today im taking u deeper.

and again with how marriah said mind is attached to greed and he mentioned some other names ahh .. again thats the ego brain machine body more sensed stored electrical waves in notation, i dont refer to that as mind i refer to higher self as mind basically.

well I was pondering whether I should give the goods away right at the start in an executive summary style fashion, but u might not sit through the rest if it clicks.. anyway.. ahh u know how some people say, ‘oh that guy yeh hes quote un quote Bright. Yeahh.. well this hints at brightness of mind very aptly, but most r still lost as to the particulars of ohk then this yes does seem true enough bright mind dim mind.. so how whence why is mind can be mind activated/cultivated etc.   
I would also add that brightness of mind seems to equate to how much higher self is shining through the to the surface; youknow full extrapolation coherence- on the outward appearance but like I said one interview the smooth voice in my head doesn’t also make it out into the small mouth noises, the inner light flows quickly, quicker than any outer reactions . How coherently buzzing are the higher centers?, and you know when you get annoying voice in the head I cant sleep etc well this is not equitable to mind the higher notion that is extended brain nervous system heavy dirty surface energy often overly societally influenced and channeled , egoic and not who you are so let go of that struggle do not attach to those outer thoughts go deeper. Slow down and think; was that how I feel at all or was that brainwash.  
  
now remember anytime the third eye is mentioned or the brightness of the third eye if u can see light in the eye looking up true the crown this is your soul code, rather than youknow your societies code on the surface extended nervous system brain I have seen this code in image forms of many types and at times soooo quick and pronounced it actually felt like a physical jolt of lightning of a small scale sort in the pineal such as piezeo-electric chromacticism, now through history you can here people lay vague reference to the third eye and very indirectly as they maynt even in cases have understood as well as I do, even Terrence mckenna never really said the third eye he would always say I think the soul is trying to turn inside out, well remember the ascension is via inscension to primal seed not separate or outside of yourself.   
SoulMind is inside out not outside in, the blend of the two is what you do, and its in you.  
  
and before my rant a quick word from exchkart tolle; because he is being higher mind a lot, his awareness moniker or name, seems to equate to my 5th dimensional perspect note and idea which you can read about on 5th dimensional perspect not ein bensnotes.weebly.com;

anyway here is tolle;  
“The beginning of freedom is the realization that you are not “the thinker.” The moment you start watching the thinker, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind. You begin to awaken.” ~Eckhart Tolle

begin with well in 2008 you watched a google tech talks lecture or something that was a talk on mind being possibly non –local, but that these 50 yr olds seemed to have absolutely no real idea and couldn’t nail down anything. They were referring to mind being everywhere which I think is the one consciousness still single light analogy or of still single light of god analogy. Still single light of god u say what? Well think of all light such as atoms as motional light. So walter russel the secret of light reading has all the info on this which is in my you are the creator in motion note on my sub domain bensnotes.weebly.com . and then now bring this back to this talk, well… they were suggesting mind as non local and everywhere and I too pondered like this at one stage, until I more correctly monikered or gnosticly nomenclatured (named) via direct experience.. i named subjective ‘parts if u will of reality. So whats non local is not what we will in this talk define as mind even though I did indeed used to refer to consciousness as mind and others constantly do. but just rather they these guys in this talk (which I think might be in the mind science post on yoga meditation healing page in consciousazine.com)realized an hit on the obvious they did I think, that basically or rather essentially not withstanding brain wash or rigid belief sidings you are an open manifold or can become more and more and indeed become more and more so-yes this is affinity with brain plasticity increasment, that is to say indeed information flows through you and this is why on yoga meditation healing page I say let mind flow through that brain, meaning most people still are ego body identified and reject inside local light body their soulmind gnosis, and also outside information being parsed in (parse generally means basically converting one code to another)-say that flows from a tree or an animal or a person or whatever other vibes from whatever sources, in favour of what they identify with such as all too often it is sad to say cultural ideologies and or societal brainwash or scientific reductionistic erroneous materialistic so hence half of reality only and so forth and create skizms and so confuse theirselves and often less mind will flow through coherently due to this. This is what I mean by let mind flow through that brain, it DOES yes come back to the notion of thinking with the species over mind or even more so let earths informational light flow through you, rather than a cultural man made frequency control. It does yes come back to thinking for yourself rather than with what your parents or society or institution taught u to think. This comes to the core of how to think not what to think. Think with your innerlight what do you feel when u have sex don’t worry what others tell you what do you feel when your facing the waterfall what do you feel when your experiencing something first and foremost – your soulmind. And coincidently sole purpose for being is to shine this light, the reason it is not uplifted rather battered upon often to express ones individual cauldron of light is cultural idiotologies. Your soulmind is your sole purpose.

So I did at a point name ahh this other side this other god realm this dreamtime place the vision zone etc as mind but I now have separated it even more. This is what this lecture is about a definition of your local yet often efered to as non local mind. Not for an end game that’s it, no more to say, type of ideology but rather for use of communication so hence to evolve our species, as its like mckenna said a species cannot evolve faster than the bandwidth of its language so laying nomenclature bricks is very important and I don’t see too many peoples doing this. See if you don’t make up your own internal library your own quotes your own feelings on things instead using anothers library and this is why many people have trouble understanding a great deal in the world, iv even heard people stupidly say furthest from truth “don’t listen to your heart” lol.. idiots.. heart is a higher information than general brain especially left braining, because truly they havnt thought of much they used others thoughts to think, an hence this goes to the core of double think, whats double think u ask? Exactly as the name suggests an overlaying surface thought over your inner higher light jist or deeper feeling, btw the more you connect to this the more u r the inner light the more and quicker u seem to parse this inner light with your ego, most still identify with ego which is often sensed stored electrical waves from the society and so hence often brain body wash. Well I believe this terminology or nomenclature moniker AKA name was given to us by George orwell in his 1984 writing. But I first was introduced to this on an alex jones video yes the conspiracy theorist alex jones. Now in one of his films on youtube im not sure which one it was ahh he was interviewing this Australian guy living in London I think it was and there were security cameras everywhere and alex introduced this concept of double think after he was talking to this guy and he said did u notice the cameras there before because you know London has all those cameras spying on its good conforming citizens incase they don’t fully conform to societal conventions within the walls or box and the guy replied to alex well no I didn’t.. ahh meh kind of image his aura gave off.. he wasn’t concerned of freedom being impinged upon. so this was a perfect example indeed because they were right there outside of this guys shop where alex was interviewing him asking him this kind of stuff and yet the guy hadn’t even noticed them, now thas fine u might say.. well immediately I wouldn’t agree because im more alert and conscious than this but secondly I wouldn’t agree furthermore or moreover because if u saw these cameras its like WTF that is intense I mean it was several big cams on a poll right in front of him.. so whats the problem here well he thought nothing of it and that this is a normal societal thing he didn’t even question it perhaps .. I mean I had cameras installed at university just before I saw this footage and me and my friends where in uproar about this paranoid style of implementation I mean we r not societal sheep so as individuals we thought WHO is watching ME and WHY because I am not really out to steal or break into a car in the carpark or anything so I don’t believe I need to be spied on, I just thought if its like this where will it go from here! A chip in the hand or what! Oh an lookey indeed now the RFID chip is being readied for mass implementation in America and india u can find out more about my claim just now on the activist page in consciousazine.com. so moreover these cameras don’t dooo anything I mean I can go put a piece of paper over them after I walk over with a balacklava covering my face or figure out how to cover the camera and go steal a car a usual if I were into that but its not about this ! this its about slow infringement impingement on freedom and what are we leaving the next generation this intergenerational equality thing seems to be a big NON do with older people I see mostly.. planet rapers baby boomers ideals an such selfish egotistical wankers. I mean this mirrors the fruitless fear filled paradigm of the drug war and thinking a war on drug users is winnable.. I mean this is preposterous because where theres a will theres a way, and ah that brings us back into this talk will power that’s nunomonous not tangible an pragmatically grabable or measurable. Anyway so the double think is at its height right now or I would say actually it was at its height back in say 2008 or whatever but carried right to the end date 21st December 2012 eschaton in some folks..   
when I was watching this alex jones video because now i indeed see people waking up as its said.. an waking what up u might ponder to yourself rightly.. exactly.. well waking up themselves their soul. Becoming soul potent and potentially recognized in the frame work of the divine. u r not your ego body .. people are thinking more for themselves I see more and more.. which is good and thankkkkk godddd youknow… this place was becoming absolutely insane and mindless..

OK FIRSTLY before i continue, you didn’t understand something?? Anyone? Well that’s when u go research the word and u listen again! Its recorded youknow this talk for that reason so you can listen again, when someone gives a good talk you cant immediately sometimes grasp in one go you watch it again and sometimes even again, u don’t run away like a piss weak infant ego. Remember all power lies in the higher lights gnostic insights.  
  
  
  
Terrences quote of my site creator page. “People are so alienated from their own soul that whent hey finally meet their soul they think its from another star system”.. hhmmmm well this is a deep one my friends… and I have the gonads to add to this.. I say the human pineal gland center of the brain there part of the crystal room, is a cosmic frequency if you will, receiver. Now I also posit theres something more to terences quote im not sure if he even thought of and that is I think time in resonance ways is circular now Terrences time wave lays mathematical theory precision for this to the plank scale. Then u add to this to gain the picture.. remember.. a stars light takes upto so far we have witnessed 13.7 billion years to get to us, if it is 13.7 billion light years away that’s how long light takes to travel here from that star, so now.. u see it yet I saw it here? Then this is added, so 13.7 billion years ago a star blew its lid or youknow cme’d coronal mass ejectioned and then this took until yesterday to reach your pineal and be an active code tied to an operating program for your individual human monkey body.

yes let that sink in.. that’s how time is circular.. a cause happned” quote unquote 13 billion years ago and took that long to have its desired effect today. This is the exquisitely calibrated..   
breath-taking..cosmos…. and you’re the microcosom .. thas why you should open your third eye to receive more vividly consciously as it was mis-refered to rather so you can parse sensed stored electrical waves from one form to your form. Mind is the blend which occurs within so on those thoughts u may spin ~benjamin couwenberg 2013.   
  
so how is soul initiated? I mean many of us know Descartes one of the founders of modern science had an angel come to him and say the conquest of nature is to be achieved by number and measure and that this angel came in the mind sight eye I believe during a dream or not sure might have been an awake vision, but less of us seem to realize the process by which this occurs these such third eye visions as they r called.. well this fable I can greatly help with my eager friends.. the process comes back to the core of this talk MIND and letting it flow spiritually through body.  
  
 Now u should navigate to golden aura publications.weebly.com which is a major branch off of the main tree website consciousazine.com and there I say mind=3tan tiens as the dowists call them ah nexus plexus chakra reference yes heartbrain and crystal room eye of horus reference.  
 but first I want to say mind seems to need to be cultivated ahh that is to say it doesn’t just suddenly appear.. why is this? Well because many or most people on this planet are heavily brain identified.. I mean they don’t even quote un quote listen to their heart… go get a job they say and they actually do this.. instead of pursuing their passion, this is nonsense because u didn’t come here to be a corporate stooge and give all your energy to another person or persons business such as the corporates investors receiving dividends from your work AKA energy input.   
U came here to express your infinite self, you are more than this u came to express your individualized thoughts ideas insights art view on reality and so forth; impress your meaning.

to contribute to the whole we may call humanity thereby contributing to your larger body system you’re a cell in the brain of earth, which has direct feedback to the quality of your life, u make a more expansive system by adding your insight u receive back a more diverse environment u may spur one little mind with one little thing u say or u may spur a billion minds youknow.. so geta grip… get agrip on yourself youknow . reclaim your mind…   
awaken your soul and feel your souls sole purpose..   
so I said most think with the brain.. yes I did say this.. so u might say well ben what else is there to think with… well firstly I refer to the brain as the extended brain nervous system domain not just the cranial brain or mush as some people seem to have up there… ;)

well lets begin on this part of heart, with heartmath institutes findings on the heart field and heart consciousness and heart storing informational neurons.. yes your heart has neuronal cells like your brain which store a kind of deeper larger picture information if you will.. how do I feel about sex how do I feel about life how do I feel about being alone for the rest of my life and so on in this fashion is what I meant by bigger picture information storage of the heart. Where can u access more information on the heart? Well on the ‘new human program hearting’ page in the main tree website consciousazine.com.

so before I go any further, this opening mind business, you here so called hippies speak of, youknow listening to nature an hearing earth an animals and others etc   
well mind is the interpreter of this. But ultimately it need integrated egoicly. so actually these dirty backward hippies according to you are far infront of you in human evolution terms.. the triple bHody mind system as I nickname it is how you hear nature how you see what anothers truly meaning AKA telepathy this is how you do all these things .. these are not abstractions these are well established abilities.. so if you don’t talk to nature or u r not telepathic well then this is for you.. this whole talk.

so now u can see in a way the guys in that non local mind talk I referred to earlier that I watched I think a google tech talks session recorded on youtube were in a way right about mind being non local because u notice once ur very open that ur like an open manifold rather than a closed system or thinker inside the box.  
 u need to open the crown chakra and rejoin the cosmos by opening. And so then u realize information from the gaian mind does flow through you and all the people who said this like Terrence mckenna when he said “these r not your thoughts these are THE thoughts of the GiAin matrix”, earth matrices, well now we can see why some shrug this off as nonsense because they are not experiencing this as they are closed but I and many others can tell u from direct experience this is actually how it is WHEN your open emphasis on when ur open. because once your open indeed information bandwidths data streams seem to suddenly become accessible to you seemingly outside of the egobody they come. Known as the akasha. Which seems to have quantum mechanical affinity.  
unfolding the stone, exteriorizing the soul, keylonicly soul communicating, letting the light flow through you. Just let everything flow..

go through the breakthrough note on the third eye also in bensnotes.weebly.com. go to the yoga meditation healing consciousazine.com page, this is most important.   
the eye is seeing rather than the eyes reading.

this connects to several pages in the explicated noveltdom.weebly.com branch off of the main tree website consciousazine.com page.

Well so u might be taking this as a little bit hard to swallow or u don’t understand, but for instance I read last year that fat bellies in men is relatable to their social position i.e. not being an alpha male, so if we inspect this its exactly correlative to the solar plexus or nexus plexus chakra, which has affinity with self worth.

Lastly what helps this process?? Well unfortunately I don’t put education in here… indoctrinative type of schooling education im refering to as the only- I don’t say go to india in poor sanitation and sweep up around the ashram in hope of enlightenment for 20 years... iv just started a page with tina farber called a systematic approach to enlightenment where iv kept it a bit grounded and also multidimensional by introducing a layered approach. Now on this page and usually when prompted to answer well how ben how get enlightenment or how do I become enlightened etc I say the same thing.. education AKA inner education or enlightenment yogimeditation and psychedliation . I call the big three or the tied three.   
  
ok so whats yogimeditation ben well go to the yoga meditation healing page to find lots more out about this, I have made the whole page, and on there I even say let mind flow through that brain and those stagnant beliefs and thought forms etc and after going through some of the stuff on that page this will begin to occur you will flow out of yourself. so I call it yogimeditaton as so to imply and hint at eclectic or synthesisation of techniques.. not just sitting in alpha brain waves or one type of technique.. trying not to think anything.. indeed this is good for quieting this little ego voice in the head that many still identify with and is how I start every healing session to an extent. As psychosematica of the nervous system is heavy disturbing and annoying.  
So how does one do this flowing of mind through the brainwash and body wash.. well I say the google tech talks meditation is the best starting point, it’s a kundalini technique and it is centered around mantras, which work mind you, I do do this almost daily nowdays, ah its cantered around healing each sympathetic nervous system major nervous ganglia bundle which just so happens to associate to each of the major chakras…, who would of guessed huh..  
 this does many things but amongst others it seems to activate the vagues nerve which is your empathic nerve apparently according to scientists. Also quitens the egobrain nervous systems pychosematica.  
so the google tech talks meditation on yoga meditation healing page in consciousazine.com. its well labelled. Then i recommend all the rest of the page indeed but Most notably mantak chia’s many youtube videos.. first and foremost the mantak chia directed dowist technique of the micro cosmic orbit. Now its funny because kundalini techniques as far as the ones iv found all are about pulling the sacred serpent energy which btw is one of the biggest religious cover ups in history. Up the spine. Now what the microcosmic orbit is is that the dowists found out hey wait ! theres more, and so it brings the energy over the head and back down the front, so the back spines governer channel which follows the central major 7 chakra energy centers system as u will find out connects to the functional frontal channel at the top teeth an this is why mantak always tell u to put your tongue press behind the back of the teeth and create this yummy golden saliva elixer you swallow to your root chakra then it travels golden light up the spine pout the third eye unblocking the channels, soon I will do a long youtube ultimate healing recording. Then this in turn this functional frontal channel connects at the sexual center sacrum and this area back to the governer channel as u will see.

Ok so the other thing that helps this process of awakening soul potential and or encourages mind to flow through that brain is psychedelics.. and wouldn’t u know it u can also youtube documentaries about psychedelics magic mushrooms also being another of the major religious supressions and historical cover ups. The serpent cover up film is on meditation page but the mushroom religious societal cover up film is on the amanita muscaria magic red white spotted well known magic mushroom post on psychedelic bio dome earth page in main tree website consciousazine.com   
  
ENLARGE SECTION of psychedelics u ask? I will do a major youtube talk on this.

An so in closing I just want to say that this puts u in great standing to gain knowledge or gnosis from direct experience by feeling with your mind rather than guessing with others thoughts in the brain alone. Seeing with the eye rather than looking as adamantly with the eyes. Lacing from the inside out exteriorizing the soul.

I swear even some animals are more then subconscious egobodies, sometimes you see consciousness spark through them, so I really do conclude heavily that it’s the gaian mind flowing through us our higher mind parses this though and we meld all in side ourselves the minicosmo hue-man man of the hue’s vibes, thus why a planetary mind frame is always adopted by the transcending body.

Now, when the chakras are buzzing coherently and one sits holds center in the third eye crystal room the antahkarana or higher mind AKA suspended rainbow magnetic bridge between brain hemispheres is active and held as the fruit of all knowledge.

the human is the height of creation, the most complex novelty knot in the entire universe as at 2012. Let us act like it in self realization being granted to the top crown chakra.

Finally I will leave u with a mckennian quote, Terrence mckenna once said.  
“Have you not noticed? i have certainly have, that every historical change you can think of, in fact any change you can think off!, forget about human beings, any change in any system is ultimately traceable to one unit in the system undergoing a phaze state change, of some sort, there are no group decisions, that comes later, the genius always lies with the individual.. and its very interesting that this is what the psychedelics address”

Lastly ;lastly This note has affinity with

http://bensnotes.weebly.com/note-14-enlightenment-7---lightedpathway2-bed-of-light--attach-to-the-stream.html

http://bensnotes.weebly.com/note-53-genius-what-is-it.html

Once Crownally opened (crown chakra) the anthropoid or organic portal has become a hue\_man and steps out of the 2D film and becomes soul potential and is capable of being realized in the cosmic framework.

"Im trying to make u an immortal and live forever" ~B.C  
No not the type of physical body live forever like one Ray Kurzweils game is (im a third through his book "fantastic voyage- how to live long enough to live forever". Wherein he shows and helps u to get through the two coming bio-revolution bridges the first being generally slower ageing and the second being de-ageing then by 2040 computers will have equal to human brain neuron connections allowing for your brain to be uploaded. even though ray admits himself this is just the beginning and this 2040 scenario does not include other levels of brain such as the extra 10^40 micro tubular computational space additionally needed apart from the brain neuron space of about 10^30 if i remember correctly)

http://www.stumbleupon.com/su/1JHPrB/:1ow2zsfvS:Exw9

GY+E/www.thesun.co.uk/sol/homepage/features/2648937/Why-in-2029-scientist-Ray-Kurzweil-believes-well-have-technology-to-live-forever.html/

To integrate you into the morphogenic field of the species.

how? am i doing this. or rather how is this being done? well one body is to be used the benjamin couwenberg known body to awaken all and ascend all or as many as are ready or will hear the clarion calls. with consciousazine.com productions.

HOW? (enlarge this section soon)   
Open your crown chakra and you have the chance soul potential to be recognized in the cosmic framework and become an immortal.