



Introduction to Mind Set

We are moving on to a mind opening topic, MIND SET.

First, let us define what MIND SET is. According to the Cambridge dictionary, Mind Set is a person's way of thinking and his/her opinions.

One's way of thinking and opinions are controlled by one's EGO. Communication skill set (active listening, appreciation, expression and establish collective consciousness- AAEECC) will help us diminish our EGO.

Our mind has a set of standard/rules/principles/thinking boxes. We live our life by applying or following these principles (Mind Set). However, MIND SET is created and developed through our cultural background, education, profession, religion etc. We call this programming. E.g. a pair of identical twins one raised in the Eastern hemisphere while the other in the West will assume very different identity, personality, like and dislikes i.e. ego programming.

There are many ways to expand MND SET; and I just want to share a master key to open our mind and expand our thinking mode, which I learned from AWE (Academy of Wisdom and Enlightenment).

Unfortunately, using email to address this amazing topic is very ineffective. I can only share a few key points with you. Therefore, I will cover this topic through numerous emails.

We are going to open our mind beyond the physical world (this world we know), beyond infinity, to the metaphysical world (the unknown world).

I am going to introduce a new terminology (metaphysics), which is critical for the discussion of MIND SET.

Definition: Metaphysics is the branch of philosophy concerned with the study of the nature of being and beings, existence, time and space, and causality.

Metaphysic means beyond the physical state. It is untouchable, abstract, and unseen. That is why it works and connects well with the mind.

For example:

Hundreds of years ago, if someone told you that you can cook food in a metal box without using fire, you properly thought this person was crazy. It was beyond our imagination. At that time, microwaves, an electromagnetic radiation, was very much unknown to human. It was a metaphysical thing. Microwave is a process, a proven way to transform the metaphysical thing to physical thing. So we can relate and understand the metaphysical phenomenon. Thanks to scientists, our mindset is expanding.

Another simple example:

The Earth was believed to be flat until Galileo Galilei who was almost put to death because of his discovery (https://en.wikipedia.org/wiki/Galileo_Galilei). It proved that our ancestor's mindset was definitely restricted and not expanded.

I want to tell you a famous Buddha story, which many of you may already heard. Buddha asked for a glass of clean water. Many glasses of clean water were brought to Buddha. Buddha kept rejecting them and telling them that the water was not clean. Why? Because Buddha knew that there were many micro-organisms living in the water. The Buddha proclaimed:

“I observe forty eight thousand worms in a bowl of water

If I do not say my mantra before drinking, there would be no difference between drinking and eating sentient beings meat.”

He could see beyond what our eyes could see. At his time, micro-organisms belonged to a metaphysical world. Since the development of the microscope in science, people started to realize the existence of different kinds of micro-organisms which advanced them from metaphysical to physical. What you can't see doesn't mean it does not exist. It could simply mean it has not yet been discovered by scientific validation.

Therefore having an open mind is essential to live a full, above-average, happy and meaningful life.