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Introduction

The intention of this book is to expand on the principles of the **All Is Mind** model that is available as a PowerPoint slide show or PDF version in addition to the recording of the one and half hour talk available on the web site, www.davidsamuel.net

Although I have attempted to put in as much information as possible to give an in-depth explanation of each aspect of the Mind, the written word cannot fully express the finest points that come up when teacher and students interact.

However due to the limitations of time and location, I hope that this book in combination with the slide show will give you enough information to make significant progress in mastering your Mind and life. You will understand a lot more of what is going on and in time, perhaps, these principles will be absorbed and give you more than you perceive at the moment.

I suggest that you forget everything you know, anything you have read or learnt, and do not compare these concepts to previously accumulated information.

In order to work with any medium, the artist must understand its nature. Be it wood, paint, clay, chemicals, plastic, animal training, or anything else. Understanding how it will react to temperature, humidity, stress, cutting and any other interaction is vital to making the end product as perfect as possible.

The human mind is one of the most difficult mediums to work with because the mind itself has common factors to all minds. We can think we understand it, yet each mind is so individual that one will react completely differently to another in the same situation. All minds can be dealt with the same but only to a limited degree.

The analogy is a motorway with hundreds of lanes. Each lane has its own speed limit and road surface, yet all go in the same direction. Before one can start the journey, the vehicle's limitations and abilities must be understood so the most appropriate lane can be selected.

This book is about understanding that vehicle, the human mind and personality. What the basic nature of the machine is, how it came to be in its current condition and how any defects can be corrected for it to function according to its potential rather than sputter along watching others speed by, or crash into it from behind.

When you read the first chapter, Understanding Words, it may sound interesting, and you may feel you understand what I am saying, but only at one level. Finish this book, take time to understand these concepts, and then read the chapter again. You will find much greater depth to it as you will see the principles applied in the examples. This will help your mind come to a realisation of how subtle, tricky and truly complex the mind can be.

I will leave you with the following story and hope that you enter this study with an empty mind.

A university professor with multiple PhD's and extensive studies went to Japan and sought out a Zen master who was known to have great knowledge of the sublime.

The Master welcomed the Professor and invited him in, offering tea. As the Master was preparing the tea, the Professor listed all his degrees and experiences and studies, going on and on showing how much he knows. The Master stayed quiet all this time, attentively preparing the tea and listening to the monologue.

As the professor kept talking, the master poured the tea, filling the cup, and kept on pouring. When the professor noticed the tea overflowing from the cup he cried out; "What kind of master are you, can't you see the cup is full?"

The master replied; "As the cup is full, putting more tea in is only a waste. It must be empty first to receive and hold what it gets."