

**THE MIND
WANTS YOU
DEAD**

by

Lisette Larkins

Cultivate Life!

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The Mind Wants You Dead.

by Lisette Larkins

The mind wants you dead.

This statement may come as a surprise since you may have assumed that you are your mind. Instead, you are an immortal being who has a mind that can be used for practical purposes and then put away until it's needed again; however, the role of the mind has grown out of control and has actually taken over the host, or you. In the same way that a cunning and manipulative servant can overrun the master of the house, the mind now pretends to be you, and has you subservient to it.

To imply that some “part” of you wants you dead may sound extreme. And yet, uncovering the actual dynamic of what is in fact taking place is the beginning of your ability to unravel its hold on you. If this idea sounds preposterous, than you have missed the essence of the actual depth and degree of the way and manner that the analytical mind has taken over you. If you look and listen deeply to the teachings of any awakened spiritual teacher, including Eckhart Tolle, you will encounter this precise message, although perhaps softened a bit so as not to offend; however, should you go more deeply into their teachings, you will no doubt find clues as to the true breadth of disruption leveled by the analytical mind on its host. Because you desire to awaken consciously—rather than as a result of near suicide and intense mental suffering as was the case with Eckhart Tolle or Byron Katie—then it is extraordinarily helpful to begin to recognize the exact cunning and disruptive nature of your own mind. The conscious process to self-realization is a virtually brand new development in human evolution. It therefore requires a new recognition, namely, that the “voice” of this most devious and destructive analytical mind cannot be trusted nor relied upon. Indeed, this book endeavors to bring to your awareness actual clues as to precisely how and when your mind's voice is pretending to be you. The egoic thought structure, as it now exists through eons of evolution, has far outlived its initial purpose, and in fact is on a reverse vector to ensure chaos and demise. This cannot be sugarcoated or stated softly. Even though it means the eventual demise of itself, the analytical mind exists to disrupt, tear apart, and eventually destroy your essence. Of course, ultimately this is not possible, because one's true essence is synonymous with the source of life; in fact, you are life. This is the essence of you, not your mind.

The mind is a tool that is animated and made possible by you, or your soul essence. But when the mind grows in such importance that it starts to pretend to be you, your essence becomes obscured, and in its place this near-demon wreaks havoc because it does not have sufficient character or spiritual maturity to be more than a servant. With its usurped power, it's literally a monster run amok.

Of course, this sounds outrageous, but almost no one questions the way and manner that this servant has entirely taken over every aspect of the household because it's so normal. When a person can be observed to quickly switch from gentle to meanspirited, it can be said that the mind has usurped "you" and if unchecked will establish itself as in charge. You often hear parents say, "You were so sweet as a child," or before the mind took over in adolescence and the child became a teenage terror.

Because it is so rare to observe the way and manner that the mind has obscured your inner essence, when you do finally take notice, the mind senses an attack and wants you out of the way; or, if you can tolerate knowing the actual way of it, it wants you dead. When this situation is recognized, a direct path to peace becomes possible because finally, the master of the house realizes how the servant has been allowed to dominate and create dysfunction. With this recognition, steps can be taken, described in the following chapters, that return the mind to its proper role as a tool, rather than a tyrant.

If the mind is not the same as your true essence, it would seem then that you have been split in two. What has really occurred is that the still, quiet, powerful true essence of you has been covered up. The degree to which your essence is obscured equals the degree of difficulty in living or being around you. If your essence is almost entirely obscured, then the people around you suffer in the extreme because the mind has no natural ability in dealing with the circumstances that arise in the present moment. This is why the mind, when it's chronically noisy, insists upon focusing on the past or the future, or on meaningless minutia.

When given any status other than that of a tool (its most benign state), the mind acts as though a person has turned over the reins of ruling a country to a self-centered and ignorant teenager. Naturally, chaos will become the norm. In its most disruptive state, the mind is nasty, aggressive, and mean spirited—a true demon. This whole idea may seem strange, especially when the mind conducting the tyranny is very intelligent; however, we're not bestowing special status on a brilliant mind with particular ability to solve puzzles and orchestrate thoughts to solve problems. Our discussion involves the usurping of the essence of a being by a tyrannical mind, whether or not the mind is smart or of average intelligence. In fact, often, the smarter the mind, the more havoc it wreaks—professionally, interpersonally, and spiritually.

The essence of you and your mind have two vastly different goals. The mind exists to prove that problems abound and to get you to stay focused on them. If there aren't any problems on which to focus, the mind will create some. You—the essence of you—needs nothing to feel complete since you are already deeply satisfied as the creative life force that animates everything. In fact, you and life are synonymous. Imagine asking a cloud what it needs to feel better. There's

nothing that can be added by any kind of solid matter or form that would improve upon its beingness as a cloud. The same is true for you. Despite cultural conditioning to the contrary, you are complete as you are. Once self-realization occurs by dissolving all that obstructs right perception, you will know this to be true.

As soon as your inner essence—or as Eckhart Tolle has coined the term, “presence”—begins to take note of the dysfunctional patterns at work, the mind easily recognizes that its days may be numbered. Because it is narcissistic in the extreme, it doesn’t want to be demoted to the role of a tool; it adores the power of tyranny. This is when it attempts to reinstate its dominance by refuting that effective spiritual practice actually has any merit. And then, because you’re habituated into believing everything the mind thinks, you believe that it’s gospel. This point will be discussed again and again because it is not easy to awaken from your hypnotic state when the hypnotist prefers that you slumber. Putting into place simple but effective spiritual practice enables this presence to be reclaimed fully, which guarantees an immediate flourishing on all fronts. It’s as if all your telephone lines to life have been blocked and suddenly are opened, and everybody and everything are talking to you again; however, this communication is imbued with stillness not noisiness as you shift your awareness from a focus on chaos, to a focus on the quiet that underlies all of life. Ironically, you begin to recognize that the stillness holds all solutions.

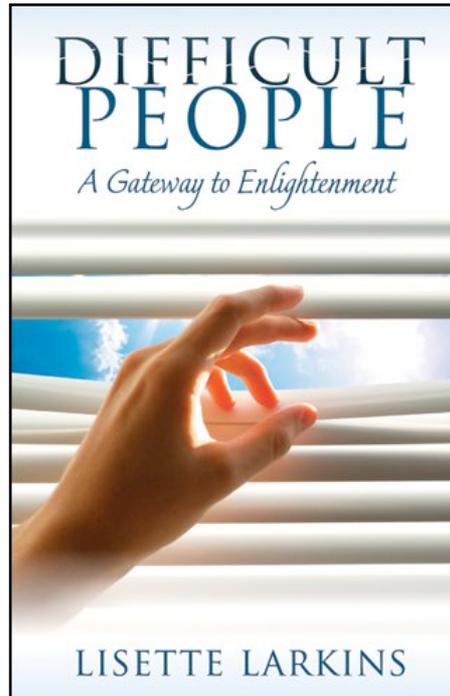
As you awaken from this hypnotic slumber, your inherently powerful and creative presence is targeted for deactivation by the mind. Since the inner essence of you is complete in and of itself, needing nothing outside itself for a sense of completion, anything added is by the part of the mind that is in a chronic state of needing and wanting: the ego. As was discussed previously, the ego is concerned with self-seeking and upholding its identity. As normal as this may seem in our culture, an enlightened being does not concern himself with his reputation and other people’s opinions (opinions that arise from their egoic minds).

By its very nature, the egoic mind structure can never, ever be satisfied for any length of time because it is comprised of a false identity without any foundation. It virtually exists to find myriad ways to enhance itself and to use egoic reflection via others’ compliments and by trying to stand out and become special in order to sustain itself.

To clarify, there is nothing wrong with having material possessions, to strive for goals and to accomplish projects, and to become educated. The distinguishing factor here is whether or not you become lost in it. For example, should you lose things due to stock market declines, bank failures, divorce, etc., or lose status or physical agility due to age or failing health, only the person who has not become identified with such will not crash emotionally. It is this identification with something owned, earned, or fostered that creates suffering when lost. ###

The above is an excerpt from *Difficult People* by Lisette Larkins, Published by [Rainbow Ridge Books](#)

Lisette Larkins has had extraordinary paranormal experiences since childhood. Their import was to reveal to her the possibility of a “chronic state of well-being.” She has published three books about these experiences, but it wasn’t until she discovered the work of Eckhart Tolle on being “present” that a clear path presented itself. She began to apply these principles in her work as a publishing sales director, author, and spiritual guide. Stymied, she was guided in 2007 to take a job as the caregiver of a late-stage Alzheimer’s patient, an experience that pushed her into a permanent state of “presence,” and allowed her to formulate the principles expressed in *Difficult People*.



DIFFICULT PEOPLE

A Gateway to Enlightenment

by Lisette Larkins

“This book serves as an alarm clock. It’s not that you’re running late, it’s just time to wake up, because you’ve been asleep long enough.”

Difficult people have been for most of us the bane of our existence. They annoy, hassle, and irritate us and provoke various degrees of unhealthy reaction. What few of us have realized is that they also mirror our own dysfunctional mental states and provide an opportunity to heal them. In *Difficult People*, Lisette Larkins tells how providing care for an Alzheimer’s patient clearly showed her the inherent resistance in the way every mind objects to *what is*. It’s the root cause of all our anguish and mental suffering. By observing its operation in her “difficult person,” the author clearly saw the same mechanism alive within herself. The result is an intensely personal exploration of how everyday problems and the DP’s in our lives can act as a *catalyst* for spiritual awakening. For Lisette Larkins, it was by being totally present and non-reactive that she could provide her patient with the needed care. This eventually became for her a “chronic state of well-being,” one which we can all attain by practicing “presence.”

Difficult People is available now at the [Cultivate Life! Bookstore](#)