

THE
MIND
WHISPERER

THE FREEDOM STEP OUT OF SLAVERY

MARTY MURPHY

The Mind Whisperer
The Freedom Step Out of Slavery
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For Saint Monita

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- There are no original thoughts in this book.
- Nothing is here that you do not already know.

“I have an existential map. It has ‘you are here’ written all over it.”

Steven Wright

Introduction: The Rules

Freedom's just another word for nothin' left to lose.
"Me & Bobby Magee,"
Words and music by Kris Kristofferson

First, I'd like to tell you the rules... **There are no rules!** This book, like most books, is made up of words. In our English reading education, we learned to read from left to right, the easiest way to read in our language. The words, of course, come from somebody's mind. The thoughts are expressed linearly from the top of the page to the bottom. We then habitually turn the pages from right to left, front to back. I don't want to overstate the obvious here. You know how to read. Of course you do, or you probably would not have picked up the book (unless you needed a coaster or a shim or something).

Thoughts are linear. Our essential nature, Pure Awareness, is non-linear. Pure Awareness comes

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from a place of “knowing” rather than “thinking.” That is what this book is about. If you intuit that you want to jump around in the book, reading bits from here and there, then jump! If you find comfort in reading from cover-to-cover, by all means be comfortable. Should you feel like stopping somewhere...stop. And always remember to *Breathe*.

The Freedom Step is an energy-healing plan. Participants are reminded that they have the choice to step out of mind-slavery into the freedom of pure joyful existence. We use tools that we have all possessed from the very beginning.

The **primary** mission of **The Freedom Step** is to enable participants to take the critical consciousness step out of the bondage of ego driven, unresolved emotional pain into the light of Pure Awareness.

The program has five protocols, each designed to awaken the experience of Pure Awareness. In this book, we will examine all five.

Practitioners come to experience Pure Awareness as their essential nature and the essential nature of all. Pure Awareness means joy, love, serenity...Life!

Unresolved emotional trauma (pain) is part of the universal human condition. Throughout history, healing of emotional trauma and resultant physical trauma has been, at best, relatively successful. Most health experts agree that emotional pain, left unresolved, will **always** manifest over time as physical pain.

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The very word “pain” defies consistent definitions in the medical community. The medical, psychological, spiritual and religious treatments of pain often have at their core the same premise: The resolution of trauma needs to occur by way of some power **external to the person being treated**, and healing requires cooperation between the sufferer and this external power.

At **The Freedom Step**, we invite you to consider that **all of us must take full responsibility** for resolving our own emotional trauma. We have all heard stories of physical trauma being healed spontaneously once emotional trauma is resolved.

The ingredients that bring healing to the individual are acknowledgement of the real problem and a strong and true desire to step out of its slavery and become one with life again.

We experience Pure Awareness as the essential nature of life. Emotion is intense and direct (guilt, shame, anger, sorrow, fear, disgust, happiness), easily recognized and named. Not so, Pure Awareness.

When we experience our essential Self (Life), we are never without Pure Awareness. We are essentially Pure Awareness...Life itself. In that experience, we sense well-being, peace and contentedness. Life, Self and Pure Awareness are one.

Western culture does not often teach us to experience and trust Pure Awareness. Few disciplines consciously acknowledge it; much less cultivate its power. This book invites you to not only cultivate the power of Pure Awareness, but to also experi-

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ence yourself to *be* Pure Awareness.

Much of what follows in this book may seem repetitious to readers. These introductory thoughts may already bring that to your mind. There are certain “truths” that will be revisited from different perspectives. One is that “everything is energy.” That position will be analyzed using various approaches, including scientific, spiritual and experiential. If everything is in fact energy, then **disease** (dis-ease) is an energetic condition. **Ease**, then, must be achieved by employing energetic solutions.

Another concept that cannot, in my experience, be avoided is the **mystery** of God, Creator, Being, Allah, and so forth. God has already appeared here in this introduction. The One will reappear now and again within this book. If the concept brings some trauma to the reader, perhaps we will here find solutions to the trauma. Since this concept is, of necessity, a mystery, I will avoid “proofs” of that which cannot be proven. I will honor your beliefs in this regard and keep mine to myself, as best I can.

Where there is unnecessary repetition, errors in “truth,” poor writing technique or any other problems of reality or style, let me apologize now. Those would be my errors. I alone am responsible.

Thank you so much for picking up this book.

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Was that not a real Godsend for the farmer and his family? Maybe...maybe not.

We cannot rely upon Toby to ascertain what is good for us. Toby cannot do so. With attention to some very simple practices, we can come to habitually rely upon our intuition, the seat of our Pure Awareness, to guide our decisions. First we will want to tame the feral Toby.

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Can you step back from your own mind
and thus understand all things?

Tao Te Ching¹⁹

The Horse Whisperer, written in 1995 by Nicholas Evans, became a *New York Times* best seller. It was then made into a very successful feature film. It is a story about a teenage girl named Grace who, while riding her horse, Pilgrim, has a terrible accident. She lost a leg. Pilgrim lost his mind. Grace had her doctors, family and friends. Pilgrim had nobody. Then Grace's mother found a horse whisperer, Tom Booker. Pilgrim and Grace were rehabilitated under Tom's gentle healing spell.

In the mid 1800s, there was a man from Groveport, Ohio, John Solomon Rarey. At the age of twelve John tamed his first horse. Over the years, Rarey became world famous. Because of his gift, he was hired, worldwide, to tame the fiercest of horses.

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Rarey's healing craft became the basis of the Tom Booker character.

Currently there is a TV reality show called *Dog Whisperer*. Cesar Millan, a dog behavior specialist, says that he actually "rehabilitates dogs, trains people."

In 2005 CBS began a popular series called *Ghost Whisperer*, currently in its third season. Looks like lots of folks are whispering out there.

Without going into the specifics of horse, dog, ghost (and there are more) whisperers' techniques, I hereby invite readers to consider becoming their own "Mind Whisperer."

A number of times in this book, I have likened the unrestrained ego-driven mind (Toby) to a wild beast. Once again, I remind us all that we have been in the **bondage** of the beast for most of our lives so far...mind slavery! Mind whispering frees us all. It takes gentleness, firmness, care and **practice**.

As was said in the previous section, **We do not function well in this world of form without a properly functioning mind**. If we treat the mind as a friend and tool, literally as a discrete entity separate from our Being, we coexist in peace. Here's one practice that may work for you. When your mind seems to have gone wild, look at it as a semi-feral pet. Quietly, gently but **firmly** say, *Hush!*

Wait a second, this is important, declares Toby. The unabated chatter continues.

Hush. I'm taking control again. I'll tell you when you can think!

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You can't do that. I can't stop thinking! I never have...

Hush!

You may notice, after the third “hush,” that the mind seems to kind of **gasp** (!) for just a moment. Then the chatter returns. Toby's back. First of all, that little gasp is the space of Pure Awareness that brings power to your Being. Toby's unrelenting force has been interrupted. And you did it! You did not meet force with force. You **gently but firmly** whispered, *Hush. Within that whisper is Power!*

You'll find that, with some perseverance, you will regain control one moment at a time. One moment is all you ever have. **Now!** One little moment lots of times turns out to be a long experience of peace.

When we become our own “Mind Whisperer” (nobody else can do this for us), we have chosen peace. The mind becomes tamer. Toby no longer wields tumultuous control. We reclaim our lives.

Let me be still and listen to the truth.

“If you will lay aside the ego's voice, however loudly it may seem to call, if you will not accept its petty gifts that give you nothing that you really want; if you will listen with an open mind...then you will hear the mighty Voice of truth, quiet in power, strong in stillness, and completely certain in its messages.”(Day 106, *A Course in Miracles: Student Workbook*).

Practice this exercise often. We all have ample opportunity to become friendly and firm with our

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wonderful, useful and talented minds. Practice! You will become conscious of the powerful and loving awareness that you are. You will surely become a peaceful, loving Mind Whisperer. I hope that you intend to do so!

Pssst...Hush! *Hush! Hush!*

The Computer Once More

When our home or work computer does not perform as we desire, it often is a bugged system; it has a virus. Most often, the best solution for this condition is an anti-virus application. The same is true for our “human computer.” Our human operating system experiences energetic emotional responses to our thoughts. When these are painful emotions, they adversely affect the system’s smooth performance. As we have seen before, these are viruses in our hard drive. It is in our best interest to delete these viruses, to upgrade our system.

The unwanted programs and viruses that we all accumulate through our life experiences tend to keep us locked in our old ways of thinking and reacting. These always block the experience of joy. Joy is the acknowledgement of and active participation in our life purpose (See **Wake Up!**, below). **Only we have the power** to identify and remove the viruses and to upgrade our system. So, what does that mean, **only we have the power?** Let’s take a look.

When we experience a bug in our home com-