

## Worksheet for Big Mind and the Infinite

### Big Mind and the Infinite Summary

Wow. There you have it. In this video, these two voices, even though they are very advanced and not a reality we experience often, were as close to 100% owned by Lynn as they get. This is what happens when you experience Shift more and more, deeper and further.

Can you see her clarity?

Isn't it interesting, too, her comment about how the ultimate desire is to have intimacy with Fear. That word comes up again and again in my work: intimacy. Which is what you will have with Fear by the end of your add on(s), should you decide to go all the way.

Becoming intimate with Fear or any voice for that matter, is how you become intimate with yourself and all the many parts of life. This is why we are exploring these and other voices. Simply check in, experience the worksheets at least once (or better, more than once as your experience will be different each time), then take it even further by asking yourself this question, anytime it feels ripe:

"What voice is trying to get my attention right now?"

It may be one we've explored, or it may be one you identify on your own (Insanity? Excitement? Frustration? Remember there are 10,000). Then, like we've done several times now, give that voice your full curiosity and allow it to speak. Many of them may be in the realm of mental intelligence, but be sure to also watch for voices in the emotional, or physical as well.

Shift gives you a chance to compartmentalize your life. It will also offer you a bird's eye view of your problems and stuck places. That is the beauty of our game.

And, of course, all this ultimately will help you access your whole self, otherwise known as your spiritual intelligence. I mention these words, "may you be with the force." The force is basically the flow of all these voices in your life, like a river just under your radar. The river is not going to find you though, you must go find it through whatever method you desire. Shift is one method. Meditation, sports, dancing, singing, gardening, cooking, whatever your style, also works either organically, or can be found and accentuated by asking this question:

"What is this big mind or infinite experience that is always available to me, that I will now let speak?" and you're there.

Do this often, because not only will you find an intimacy with Fear and all your 10,000 voices, but you will become so big Fear will have plenty of room to live and breathe and do its thing. This is important, because Fear in a cramped little basement will be like a tablespoon of salt in a small glass of water-- undrinkable. Expand who you are, your glass of water will become the size of the universe, and that same tablespoon of Fear will be no big deal.

So please, find these voices of Big Mind and the Infinite, whenever you can, again and again as we forge on. If you want to go all the way with your relationship with Fear, your life, all 10,000 voices and this course, you must find this force as often as possible, and jump on in.

## Questions for Big Mind

Shift and become in an instant, without trying to understand what this means, Big Mind.

(Reminder: there are no right or wrong answers. Just be on the lookout for the Thinking Mind taking over. If this happens simply shift again, and explore a question anew)

Whom am I speaking to?

What is your job in this corporation called \_\_\_\_\_(the Self's name)?

Are you the Self, is the Self you?

If no, why not?

If yes, how is that so?

What are His/Her 10,000 voices, including Fear, to you?

What about the 10,000 voices of all the other 7.5 billion humans alive today, including people who have lived in the past, and future? Do you include all of them, as well?

What about all things (The insects? The rivers? The planets, etc. which have their own intelligence), what are they to you?

What do you exclude?

See if you can find a limit or boundary, to your bigness, your vastness?

Yet here you are, existing in this body, speaking from this mouth. What then, are you?

What are some other names that are attributed to you? (hint: The Tao, Collective Consciousness, Buddha Mind, Presence).

How do you see this world? What do you notice? What are you aware of?

As Big Mind, how are you different from the Self's Thinking Mind?

What do you see, when you look at the Self?

Are you a familiar experience for the Self?

If yes, why is that? If no, why is that?

Do you come from the Self, or from somewhere else?

What is it that you offer Him/Her?

Does \_\_\_\_\_(the Self's name) want you to play a bigger role His/Her life?

If no, why not? If yes, how far away from the Self have you ever been?

What advice do you have the give the Self, such that you can play a bigger role is His/Her life?

Is there anything else that you notice about You, the Self, or this world, that you would like to say?

## Questions for the Infinite

Allow me please to speak to the voice of the Infinite.

Whom am I speaking to?

How are you different from Big Mind?

What do you include?

What do you exclude?

Do you exist? Are you something?

Do you not exist? Are you nothing?

Do you suffer?

Do you have preferences?

Can anything ever limit you?

What are time and space to you?

What are time and space to the Self?

How are you different from the Self?

The Self has a birthdate. But when did you begin?

Will you ever end, or die? The Self will die. The Human species may even die off someday. But can anything ever kill you?

What are some other names for you?

What kind of relationship does humanity have, with you?

What kind of relationship does the Self have, with you?

From your view, how do you see the Self, and how He/She lives their life?

What does He/She want?

What advice do you have to give about what He/She wants, that perhaps they can't see?

Look at the Self's Fear. How do you see Fear?

Look at how the Self sees Fear. What advice do you have to give Him/Her about this?

Does He/She find your wisdom to be very familiar, or accessible?

If no, why not? Is yes, how is that made possible?

What is your relationship with the Self's Thinking Mind?

Does the Thinking Mind, and thus the Self, try to grasp or understand you?

If yes, is He/She successful at grasping or understanding you?

What attempts have been made by humanity, over the millennium, to grasp or understand you?

Has humanity been successful at grasping or understanding you?

What about being you? Have they had much success at that?

What does it feel or look like, to be you?

Where is the Self stuck, with regards to accessing you and your wisdom?

Do they need you, in order to thrive?

If no, why not? If yes, why?

Do you need humans, in order to thrive?

If no, why not? If yes, why?

What exactly do you offer each other?

Is there anything else you'd like to say?

**Bonus:** Here's a fascinating meditation: You are the voice of the Infinite. In this body, right now you're only as tall as the Self (for Kristen, that's 5'7" inches tall). Sit and mediate as you then, the Infinite, who is \_\_\_feet\_\_\_inches (the Self's height) tall.