

No Mind



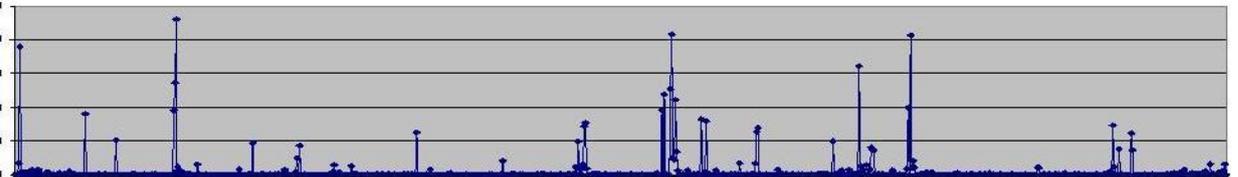
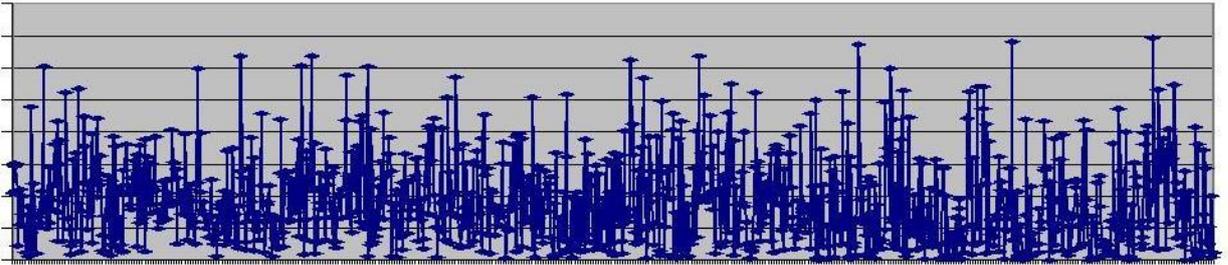
Part I

By Ciarán Handley

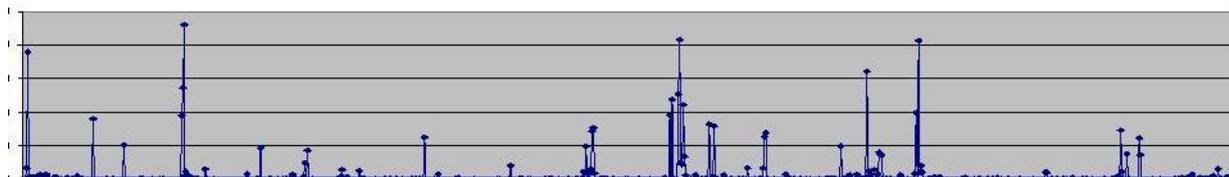
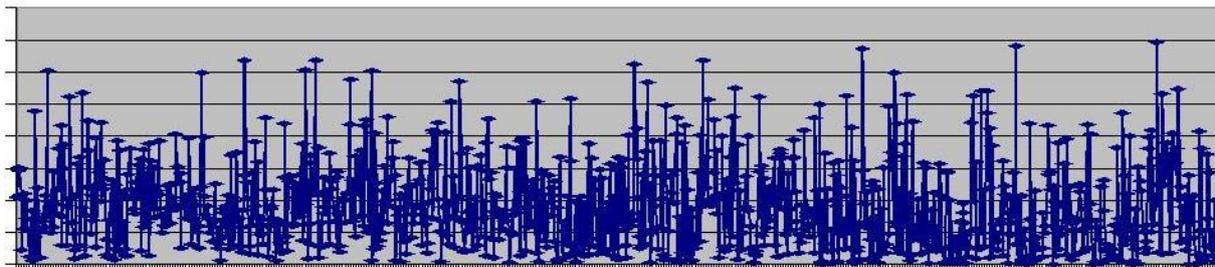
15th September 2018

No Mind

Chapter 1



Mushin – “no mind”



*Two delta-wave brain traces taken in 2011.
The bottom trace is mine.*

In meditation I have dropped my heartbeat down to two beats per minute. This is true.

That was a number of years ago. In the last few years however something new again has come in. I find I can stop my heart completely and then restart it at will. I have similar control over my respiration. I'm not talking about holding my breath. Rather I mean stopping respiration completely for a time and then restarting it.

I can also change my blood pressure at will.

You see delta brain-waves are associated with the *Autonomic Nervous System*, which controls internal organs and functions which are largely under the control of the unconscious. If however there is sufficient depth of consciousness it can become possible to gain **conscious access** to systems in the body which are normally only under **unconscious** control.

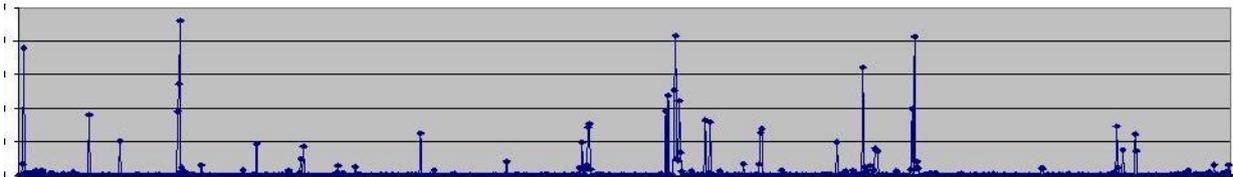
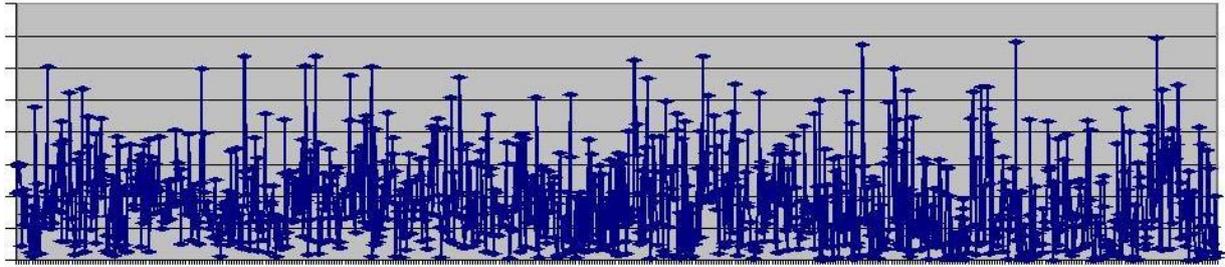
*Depth of consciousness is to do with being **consciously** aware of what is **unconscious** for other people*

Like with Extra-Sensory Perception. This is to do with consciousness. The ability to perceive **consciously** that which is **unconscious** for other people. This is why ESP is often associated with mystics, meditators, yogis and Enlightenment. It can be developed through a meditative or spiritual practice. It is to do with enhanced consciousness.



“Ciarán, I have never had Extra-Sensory Perception!”

“Amazing, Mr. Slate! Amazing!”



The upper delta-wave brain trace is that of a student whose delta waves are substantially below that of the average person

I said that delta brain waves are associated with the *Autonomic Nervous System* which controls internal organs and functions which are largely under the control of the unconscious mind.

I will add something more now to this:

The ability to move into delta states is a critical factor in being able to *consciously* control functions in the body which are normally under *unconscious* control. Specifically, under the control of the *Autonomic Nervous System*.

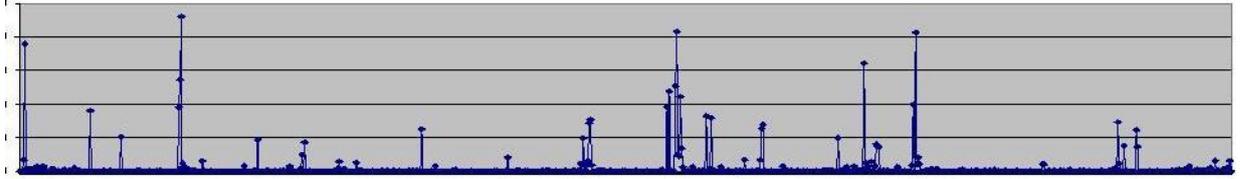
Such as the body's ability to heal. And to regenerate. Which is normally under *unconscious* control.

My ability to operate in very deep delta states of consciousness (delta states are also associated with mystical states, with serenity and with Enlightenment), allows me to have a conscious control of my healing response that would be impossible by normal standards.

This is an X-Man ability. Absolutely impossible by normal standards. Only in the Tao can one achieve this level of healing.

It has enabled me to survive impossible injuries. Such as the sniper bullet in December 2014.

It is one of the key reasons why I am still alive.



Stillness of mind. Mushin. “No mind”

The secret is “no mind”. But we need to achieve this stillness of mind at a level that is deeper than that achieved even by meditation in Enlightenment. We need to go deeper.

You see meditation is a wonderful principle. Like North Poles are wonderful. And very important.

Meditation will allow one to go deep. Even very deep. But to become an X-Man one needs to go deeper still. For that depth of stillness we need South Poles too. We need **Duality** of Principle. Two principles. Not one. Two principles. Yin and Yang. Coming together as One.

You see I solved it. Years ago. The secret of how to achieve stillness of mind in Duality. The secret of **Stillness in Motion**. And of **Motion in Stillness**.

The secret of this, which is the Tao, lies in **Duality**. It lies in **Duality** coming together in **Unity**.

It is a paradox and it may sound confusing. But it makes perfect sense in the Tao.

[*The Last Samurai - "No mind"*](#)



武士道

Bushido

The mystical aspect of the Way of the Warrior is the most important part of Martial Arts

In this, I am Mudan.

What is Mudan?

I'll explain it later.

[The Last Samurai – Kendo training](#)

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End of Part I