

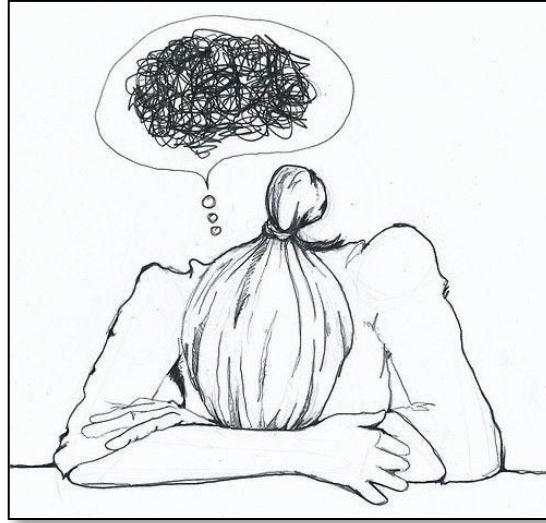
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JOEL BRASS AND ASSOCIATES LTD.

# The Growing Edge

## MIND MATTERS



“The mind is restless, turbulent, powerful and obstinate. I deem it as difficult to control as the wind”. – Arjuna to Krishna in the Bhagavad Gita

“My mind is like a bad neighbourhood. I try not to go there alone.” – Anne Lamott

“I have had many troubles in my life most of which have never happened.” – Mark Twain

“Mind alone is the cause of bondage in man, as well as his liberation” – Upanishads

Having a mind could be said to be a mixed blessing. From our first day of school onward we are endlessly told to use our minds; that having a “good, sharp, keen mind” is a synonym for being intelligent, analytical, sophisticated and successful in all future endeavors. Our entire educational system from kindergarten to post-doctoral university studies is almost entirely mind- based. Critical, linear thinking, logic, deductive reasoning and rationality are the ways to deal with all of life’s problems. The Heart, with its extraordinary and incomparable capacity to add richness, depth, sensitivity and connection to our experience of life is hardly ever acknowledged as important. The body largely incidental to the attainment of our future goals, aspirations and dreams. And the soul or spiritual dimension in life? What’s that? No, the mind and relying on it as our ticket to a bright, accomplished future is the Golden Calf that we are instructed to worship. And part of the implied instruction is that the very act of worship is for weak, infantile minds only. A common figure of speech for someone who is expressing themselves emotionally too intently is: “Have you lost your mind?”

I am not writing this to bash the mind. The fact that you and I have been able in this lifetime to have at our finger tips the everyday medical/technological benefits, amenities, physical ease, comfort and advantages that royalty of a hundred years ago would have died for would not exist without the brilliance and near limitless ingenuities and inventiveness of the mind.

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And yet identifying and relying on the mind alone, and its primary expression – thought - to be our GPS in life will generate many blind spots and take us into some extremely dark alleys and precipitous cliffs as well. The glories of the mind can reveal much but its shadow sides can conceal just as much.

## **What Does the Mind, and in Particular Thought, Conceal?**

We do not have thoughts. Thoughts have us. Our attention is perpetually enslaved by thought. We are so automatically and totally identified with our thoughts that we believe that they are always valid, true and real. They can be trusted to be the authority by which we can comfortably and confidently know that we are always right about \_\_\_\_\_ well, everything! We give unwavering obedience to our opinions, preferences, beliefs, judgments, biases, and conclusions, elevating the flood of inner conversations and endless chatter to inviolable, incontestable Laws of the Land. And yet here is a spiritual pointer to deeply contemplate: **NO THOUGHT IS EVER TRUE** (Adyashanti). And here's why, by its very nature, thought is distorted and erroneous.

Because we are so identified and hypnotized by the contents of the mind, we are blind to its context. Here are the often hidden aspects of the mind's context:

- the mind is thought and thought is ultimately fear-based.
- its premise is based on separation and self-interest, on being an isolated fragment of consciousness, fragile and finite. The very context it operates from is you or me instead of you and me.
- it contains deep unexamined beliefs in scarcity, lack, insufficiency and inadequacy.
- it is significantly skewed to the negative
- the mind projects its shadow aspects onto everyone and everything around it. Like a projector on a screen, it will generate very convincing images of the worst case or catastrophic outcomes and future you will be facing. It projects blame and responsibility onto others but can be just as punishing and critical of you. Unlike the Shakespearean quote, as long as we are identified with thought and allow it to lead us wherever it may: **"We are the stuff that nightmares are made of."**

## **One Way Out – Mind Training**

Stopping thoughts, the rigorous, sustained practice of shifting our primary identification from thought to Awareness is at the heart of almost all religious and spiritual practices and traditions. However stopping thought is a misleading way to put it as thought can never be stopped. It is more like slowly and incrementally becoming the Context or Witness of thought. With steadfast practice (meditation being one indispensable one), you can begin to relate to That-Which-You-Are as the sky, not the clouds; the **"I AM"** consciousness and not an individual piece of content.

So for one who truly is sick and tired of the noise of the mind and no longer has come to trust it the first rule of liberation is very simple: **"Enter the silence as often as possible; remain there for as long as possible."** Simple maybe, but not easy. And yet as Winston Churchill said about democracy: **"Democracy is the worst form of government except for all of the others."**

# Relationships: The Work of Love

## Working Through Our Fears in Matters of Love

### This weekend seminar shows us:

- Our fear based, survival orientated patterns of behavior in relationships.
- How and why we sabotage our love relationships.
- How to have more loving relationships in our lives.

The very same ego consciousness that helped us to survive the emotional pain of our childhood and adolescence comes back to haunt and sabotage us in our most significant relationships in the present. If the experience of loving and being loved is associated in the unconscious mind with the experience of trauma, violation, conflict or abandonment, nothing will be scarier than "love" approaching. The ego consciousness will mobilize to protect the inner family from perceived *enemies* like trust, closeness, commitment, vulnerability and honesty, not to mention men or women. The extent to which the adult consciousness has become identified with the ego in this lifetime is the extent to which love in all intimate, committed, monogamous, long-term, primary relationships will become problematic, dysfunctional and even destructive.

In the weekend seminar Relationships: The Work of Love we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground. We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and return to our connection with the child and spiritual consciousness within as an entirely new base from which to interact with the people of our lives.

**Cost - \$400.00 per person (deferred payment plan available)**  
**bursaries available to those in financial need**

**When: Saturday, November 22nd, 2025**  
**Sunday, November 23rd, 2025**

**[www.joelbrass.com](http://www.joelbrass.com)**  
**[info@joelbrass.com](mailto:info@joelbrass.com)**

**If you have further questions or would like to register contact:**

**Jason (seminar coordinator) at (236) 330-4703 /**

**[seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com) or**

**Joel at (604) 535-4220**



**For Private Individual or Relationship Therapy, contact Joel at (604) 535-4220. All Sessions Are Being Conducted Remotely.**



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Pawfirm Owner

**Did your human  
break a treat in half  
and try to pass it off  
as a whole treat?**

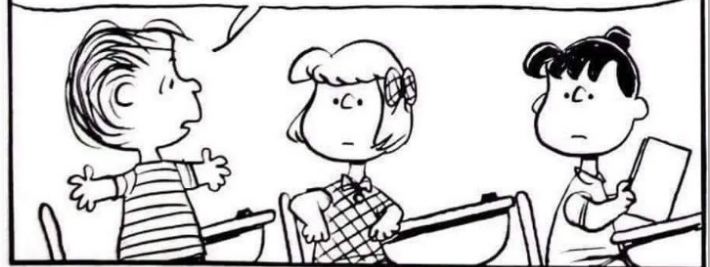
**You may be entitled  
to compensation.**

Our attorneys have seven times  
the experience chasing down  
treats owed.  
Paw us today to schedule a  
consultation

**HOUND,  
WOLFE  
& CHASE**

Attorneys at Paw

IF YOU WOULD BE A REAL SEEKER AFTER TRUTH,  
YOU MUST AT LEAST ONCE IN YOUR LIFE DOUBT,  
AS FAR AS POSSIBLE, ALL THINGS.



ADULT CHILDREN OF NORMAL PARENTS,  
ANNUAL CONVENTION.

