

Functions of the Mind: Basic Functions and Obstacles in Meditation

HP Hooded Cobra 666

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In regards to the topic of spirituality, it is really sad how the majority of spiritual texts today does contain lies, exaggerations, and in general, gives people wrong hopes or deludes people in regards to spirituality.

A lot of authors write books without actual knowledge or without actual care, giving too much exaggerated credibility on very simplistic methods or lies. Since some people may not do this on purpose [while others do], there is of not much necessity to focus on this matter, as it is a waste of lines that could be used for better material.

For example, an author writing a book on self-hypnosis says that "you can do anything" with it, but the reality is, these methods [and especially so mental methods] can go that far in solving one's life problems or making improvements.

Mental methods work on the mental level, and the mental level is important in the life of normal people, but definitely not a defining factor that can catapult all your problems out of existence. This also goes the other way - spiritual methods, for example, meditation, also build upon an aspect of meditation which is a mental aspect, such as programming and deprogramming the mind as one requires to attain certain tasks.

Under the weight of this watering down and lying, spirituality has at this point experienced a major confusion and collapse as to what it really "is". People no longer understand what to expect. To become more exact, in order to cause deep inner and outer changes, one has to meditate.

But meditation means to put the mind at work, and do "meditation". Meditation has therefore to be a conscious process.

Self-hypnosis, self-suggestion, or doing some simple mental exercises by looking yourself in the mirror and saying you are confident when there are issues in the soul, is not going to solve any problem. To reach spiritual power and make it dependable to the point you can use it in your life, one has to look further within and meditate seriously.

Another blatant marketing lie of meditation as it's promoted is that meditation is only for fun, well-being, and that if done in a "whatever" type of way, it is enough.

This is enough for people that want to reap the most basic of its benefits, such as self-relaxation, or who just want to feel they are doing something fancy inside a spa with some cucumbers in their eyeballs to feel better while they are on social media.

This level, however, remains where all starter meditators do remain, which is mostly, the mind. In order to move further "into" the mind, in what we call "The Soul" and reap the benefit of the most sublime and higher functions, one has to take the practice into deeper levels. The depth is reached by first swimming from the surface down to it, progressively, and with the correct gear [experience and knowledge].

Peace, serenity, empowerment, and all the rest of the benefits, arise more with serious meditation. One should be inspired by these to continue, and know that all of these are definitely possible. In the beginning, no matter what, one will experience these coming on them, in many cases, fleeting and momentary tastes of what they will experience in the future.

The end result of meditation is basically an inner serenity of ranging levels, and while not "perfect", one will feel at ease with themselves. This state is defined in many texts in many ways, and deals with the activated pineal gland, but also, the purification of the soul and the program alignment of one's energies.

The levels of calmness, stillness, and self-understanding one can reach are beyond what most people can even fathom when they are beginning. Humanity would be better off understanding that certain states of peace and wellbeing that are desired, can never be attained through this external physical rat-wheel people keep going around.

To reach these levels one needs happy patience and consistent work on themselves. This state arises only after someone has cleaned considerable clutter and soul dross, then put their mind in at least some working order.

In the beginning, mediators who take the craft at least a bit seriously should be prepared in facing "the unknown" and unusual circumstances, but in their essence, no different than someone who has gone to the gym for the first time and they are sore. An event arising from the good side of this is when one for the first time tastes the calmness or mental agility that meditation gives them, or experiences the heightened energy or their own bioelectricity.

The world is largely created in such a way so that human beings avoid self-search and are constantly kept in a loop, where spirituality is almost disallowed.

It's almost as if, even the "coincidental" spiritual experiences that can prowl on people, are banished violently as if they pose a danger to society. And the reality is, they do pose a danger to "society" as it's shaped nowadays.

It is, for example, more profitable to some people that you do weed, instead of learning that you can put yourself in a good trance with meditation. If all people knew this, weed may actually have gone out of business.

From this self-search can come fears, and other reactions of the mind, but also all the good and glorious things one would never expect before. Self-search is not ugly as the majority of human beings think, it's actually very good. It only becomes ugly when people ignore themselves too much and too much crap keeps assembling itself in their own inner world.

Many people know this after they persist for a while, the peace and happiness this brings, and all the newfound serenity and understanding that can grow in someone.

An example that comes to mind here, is that the mind, in the beginning, if programmed against meditation [some people are programmed with extreme fear of spirituality - watching thriller movies and what have you], can to some extent be closed to meditation, and can cause to someone symptoms like feeling sleepy, or literally batter someone with just about any other thought other than wanting to meditate.

This world of today is also rife with people who are extremely afraid of facing themselves in any way. Even though material comfort is ever rising, people are not using this comfort that exists today to reach higher spiritually, and on the contrary, many are sinking into being an NPC that merely experiences stimuli without thinking.

In cases of worse programming against meditation or self-improvement, such as self-guilt, or feeling as if one is doing something very bad [or is doing "a sin" against "god" for looking inside themselves, WTF Christ-Insanity], the mind can go as far as to cause reactions to make someone stop meditating, thinking of meditation as a threat. A hypothetical event here would be, every time one sits down to meditate, one gets extreme urges to go eat [even if they ate a moment ago] or do just about anything else, and do only just what will interrupt their meditation and make them lose their meditation.

Reprogramming the above can be helpful and accelerate people in meditation. One example here would be to remind to one's self: "I am positively accepting the new habit of meditation in my life, and I know it is positive for me". As this is

repeated as a thought, the mind will also become more open in accepting meditation.

The untrained and lazy average mind also hates to be confronted with the thought or in some way elevated activity, and this is why many people keep watching passively things all day long such as brainwashing from their TV. It is no wonder most humans find recreational, things that do not at all stimulate the mind.

The more the mind is in lethargy, the more it adjusts and makes an environment that goes deeper and deeper into that state. The end result of this is the NPC manifested, humans that hardly use their minds at all. While this has a mental range, this also has a physical manifestation.

The mind in this case is in a very inactive state, and it works passively. When this downwards movement is conquered and turned to the other side, the opposite happens. The mind will actually work to your benefit, and all these tendencies that were against your improvement will start shaping to be in your benefit.

A manifestation here would be, instead of a feeling of not wanting to meditate, strong willpower will arise from within you with the need to meditate, or habituation where meditation becomes like second nature to you, and you no longer experience that many obstacles most of the time. Instead of feeling like it's the world's burden to do something good for yourself, you'll feel like doing something good is actually something you get motivated over.

Eventually the above gives in and one starts experiencing clarity, better thought, more energy, and starts to experience direct reaping of the benefits of meditation. As with anything else, one has to make this a habit and to kick out the habit of not being meditative in one's life, one has to do this step by step and with patience.

Habits, or repetitive actions, do cross over from the logical and conscious level to the mind, registering little by little to the subconscious mind. This is how meditation becomes normal to the mind over time, and progressively it becomes normal to it. This is also how certain hangups get into the mind, by repetition: someone called a failure again and again.

Another way this programming can happen is through shock [this is why the enemy uses violent themes and practices to brainwash people], or when one is really young [the mind at a young age is more open and impressionable]. In the case of these, even with a little effort, certain beliefs can become entangled in the mind.

When one is more grown, the mind is less liable to be programmed like this, and the stronger the mind, it can pose resistance to programming. A 5-year-old can be told that Jesus exists and believe it, but when one does grow, the logic and the conscious mind has grown more, resistance can be posed to this idea, especially if it is fake.

For this reason, the enemy uses consistent and repetitive brainwashing at a young age of people, before thinking capacity has seriously taken place. Meditation helps to gain control and insight in regards to what one has been programmed into and choose what one is going to do with themselves, "Free Will" requires insight in this case.

For this reason, meditation is seen as a threat, because most of their hoaxes revolve around people having no understanding of their own minds at all.

Methods like hypnosis, do work by putting the conscious mind into a state of allowance, where we are allowed to get into the subconscious to reprogram it. The less conscious one is here, the better. The hypnotic state is not, however, a meditative state, because a meditative state has to do with consciousness. Sleep, for example, is not "meditation", and one cannot effectively meditate in their sleep.

One can program the mind to work something out when they are asleep, but one cannot meditate. To explain this in the simplest fashion, you can put a computer while you are asleep to download something but is when you are awake that you can actually go, you look at the screen, and you look at whatever it is that you downloaded.

A state of confusion is also very common in people nowadays, ranging from many sources, almost as many to count as the people themselves - regardless of that, an overflow of useless information is a major proponent of this. There is nothing strange when the nature of the mind is concerned.

Frequent is the problem of confusion, and people are giving their attention to things that cause them confusion and/or are garbage information. The mind can constantly be distracted. The mind, therefore, becomes bloated with nonsensical info, that does not help it in processing anything meaningful.

When the mind absorbs too much useless info, the mind becomes congested, and the result is a feeling of confusion. We have come to a state where fewer and fewer individuals have the power to focus anywhere at all for even as little as two or more minutes. Without the ability to focus, it is easier for someone to be

cluttered. This is why, simply, void meditation is paramount to control and direct the mind.

The above consists of the necessity to act as a reminder of the basic functions of the mind and how this relates to meditation because it is only through the understanding and mastery of these simple mechanics one can go to better heights in their understanding of the mind.

I hope the message was simple because it had to be this way so that everything would be clear and information would be relayed effortlessly because other topics will follow and build upon this very basic one.

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