



The Threefold Death, Mindfulness: Wakening to the Law of Reversibility: Quick Guides to Ancient Wisdom Series, No 3 (Mindfulness Exercises in Relationships Series) (Volume 4)

Paul C Burr PhD

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You pass through three portals (reframes to life) to journey to spiritual wakefulness (in modern-day speak, mindfulness). "The Threefold Death", found in The Life of Merlin and other ancient texts, serves as an allegory of these three fundamental reframes. I have not found an explicit definition anywhere else (that connects the literal with the symbolic and core meanings) of The Threefold Death. Hence, my passion to write this booklet. MINDFULNESS: WAKENING TO THE FRAMEWORK OF WHAT-IS AND WHAT-IS-NOT Manifesting is not attracting. It's creating something that's already there, yet unseen, a vibration. We aren't solid beings living on this planet; instead this planet is a collection of energies which penetrate each other. - Hina Hashmi Now add the paradox of duality. For 'something' to be present, 'not-that-something' also exists, at the same time. For example: when you attempt to persuade (or sell something to) someone, they may say, "yes" (success) or "no" (not-success). You know the shape of a building because the air around it is not-that-building. So how can you apply this principle to life and death? Answer: it requires a fundamental reframe. The opposite of death is not life, it is birth. Life is eternal. - Paraphrased from Eckhart Tolle There is no such thing as death in the traditional sense of its definition. Upon death, the physical body returns to its constituent elements and consciousness leaves the body, unseen, reborn into the vibration it came from. Death and birth coincide. You give birth to new levels of consciousness in life by bringing death to, killing, those things that you allow to stop the birthing process. And... You can only bring death to, or kill, that which you have power over (i.e. the properties of things you own or control): your personality, your feelings, your outlook - and how you perceive, and thus respond to, the information you amass through your five senses (sight, sound, touch, smell and taste). You do not have control over the events and people in your life - but you always have control over how you respond to them. If you perceive life negatively for a few hours, people will think you're in a mood. If your negativity lasts a few weeks, others may think that you're depressed. If your negativity sustains over a longer term, others will define you as someone with a negative personality - or of a negative character. Your outlook in life shapes your responses to its peaks, middles ("Glass half full, half empty?") and troughs. Your sustained responses, define your character - and thus your destiny... All that happens is the result of character; the only manner in which the destiny can be changed is to change the character ... (and) can be markedly altered in any direction desired. - CC Zain A deeper process of 'personal alchemy' is at work... Strength of character comes not from a life of ease and tranquillity but from a life in which our hearts, minds and sometimes bodies are pitted against forces we do not understand. - Paraphrased from The Druid Plant Oracle, by Philip and Stephanie Carr-Gomm Change in your consciousness is only brought about by changing your character; ergo, changes (preceded by deaths) to certain aspects of your personality and feelings, which in turn are shaped by the framework of how you perceive the information you gather through your five senses. Life, at some level, is thus about opening, as Aldous Huxley so eloquently puts it, the doors of perception AND shaping your character accordingly and consciously. This booklet describes three fundamental deaths (or reframes) to aspects of personality, feelings and perception of what-is and what-is-not; or as the story of Merlin portrays, 'The Threefold Death'.

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Robert Wallace:

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know that little person such as reading or as reading through become their hobby. You need to understand that reading is very important in addition to book as to be the matter. Book is important thing to provide you knowledge, except your teacher or lecturer. You see good news or update regarding something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is The Threefold Death, Mindfulness: Wakening to the Law of Reversibility: Quick Guides to Ancient Wisdom Series, No 3 (Mindfulness Exercises in Relationships Series) (Volume 4).

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