

MIND CRACKER

EVERYTHING + NOTHING = LOVE



PETE CASWELL

INSPIRATIONAL POEMS & PAINTINGS

Welcome to the extracts of the Mind Cracker.

A 24 page exert from the full book.

This is a low resolution version of the book for easy download

it is about 1mb so it will take a few minutes

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EVERYTHING
+ NOTHING

LOVE

POEMS
PAINTINGS
PETE CASWELL



MIND CRACKER



This book is about the mind and the soul, and the conflict between them. It is a play of words and paintings to tease the mind into showing its own infallibility, its faults, its domination of life and the cause of our problems. Far from the fail safe friend we think we have, reliable, honest and dependable, the mind is destructive. It hides its gaffs from you with endless tricks and games. On top of the iceberg, the mind appears to be a logical and helpful companion but underneath is where its real mass lies. It can be your worst enemy, unreliable, dishonest, and deceitful, the cause of many of your problems. Its task, to keep you away from the happiness you seek in life. As the mind sinks into disrepute so the heart, soul, intuition or inner knowing gains a new reputation, raised to become a reliable tool for life. It is allowed to come to the fore and function as it should



The poems are about the life of the spirit and the path to living with the one and only, God. They are about the point where the mind and heart are at a point of conflict or confusion, to show the mind's dominance over intuition, the soul or God. They start to show that the life of the spirit is not in terms of the mind, it can only be understood through a feeling of connection and knowing. These feelings where you just know when it's right. You don't have to think it, you know. It's about crossing from the world of rights and wrongs of duality, the life of the mind into the realms of the knowing, intuition the heart and soul of life. Try to relax your mind when you read the poems let them wash over you and see if you can picture the life of each poem. Try to absorb and not analyse them. This is how they work best.

POEMS

The Paintings in the book from the author's collection can help you tame your mind. Just view them in a relaxed manner, try to not let the mind grab the painting. Let your eyes drift over the wonderful bold and bright colours. Some are complete paintings some are sections of paintings just see what you feel when you view them.

You may see something slightly different each time you look.

These impressionist paintings by Pete Caswell work by allowing your eye and brain to piece the image together by combining the colours and lines to form the image to make it more alive. This process works best if you can relax and let go of your analytical mind and let your eyes absorb the painting rather than trying to focus and analyse it. Absorb yourself into the atmosphere of these impressionist paintings in a similar way to the poems and feel all those wonderful colours.

Chill out, let go, don't think but be happy. Just like the poems the depth of the paintings grow over time.





COMPETITION

A simple analogy came into my mind to show me the difference between the mind and intuition. Take a horse race and pit my potentially perfect mind against the perfect intuition of God and let's see who would earn the most money from a day at the races. After a lifetime of studying the theory of gambling horses and horse racing, I THOUGHT I was in a pretty good position. I had learnt all there was to know about the races and had calculated the most likely outcome. I asked God to see what his opinion was before the race, and this was when I realised what I had done wrong for so long.

“My dear boy you think you are pretty sure who is going to win the race and with all that knowledge you must be pretty confident. You know everything you can about horse racing, the weather, the ground, the horses, the odds and you have even attempted to fix the race with collusion and bribes. You are very close to knowing the winner but you still can only think you can know who will win. Your horse could fall or be disqualified, someone else could try to fix the race. Think about this, you think you are perfect intellect. I am God. I have no need to think any more, I know. I am everything at the same time as being the nothing you think is everything and I am the one and only. I see all of time in one place. For me the race has already ended which never began. I don't think I know who will win. I know who will win the race. I do not have to enter into any thought process. I know instantaneously. Further more, I know that knowing who will win the race is of so little consequence that it is not worth knowing at all. Know me and you will not need to know the winner, it will be 100% irrelevant.”



It was this analogy which drifted into my mind time and time again that tipped the balance. I could only think I was certain I knew something.

Even what had already happened I could not be 100% certain of because of the warping effect of our individual minds. It is our mind which creates our reality. However, perfect intuition if I could obtain it would actually know.

It did not need to think. Reassuring myself, I thought about the mind. It does make wars and arguments, creating two sides with totally opposing views, different things to gain or lose. This was the problem, the mind made a world of opposites in order to function, by warping the facts. If two things which are the same are opposite then surely they are not the same. Intuition on the other hand takes the middle road and is not burdened by the comparisons of opposites. It just knows. There is only one fact to know, I just have to find what it is! Simple



OSCILLATION

Oscillation of opposites God is all encompassing, He is the everything and the nothing. To be all encompassing must include everything, and all which is not everything, nothing is ever left out. If man thinks he has everything, to gain nothing he must lose it all to gain the nothing to reach God, but then he does not have everything. The achievement for the mind to encompass having everything and nothing, both at the same time is to attain the path of the spirit, or enlightenment. Both opposites must be held by the mind at the same time, infinitely, which then denies it its own existence, as this is what the mind thrives on, holding one opposite then the other. To hold both at the same time is not what the mind likes, it works by making comparisons in the life of opposites. From this play of opposites or duality, we form our illusion of living life of near and far, hot and cold, up and down. To form an impression of hot we must first have cold to compare it with. If you only had hot and not cold how would you know it was hot with nothing to compare it with. Hot only exists as a function of cold just. A hot day in England is a cold day in Africa as they are judged by their relative opposite in each country.

If there was no oscillation in life there could be no comparison, no life as we know it. Without this oscillation of opposites the mind cannot function, it is the basis of thought. If this is removed then the world for the mind is gradually destroyed and the soul, God or inner life begins to appear. As mind releases duality, loses its grip, the basis of suffering, rich poor, hungry full, happy and sad, recedes leaving one thought at the end, "I know I am". It is when this thought is permanent and alone that you merge to become I am God, the end point of life, the final death, the merging into the infinite being of space and becoming one with God to find bliss, true happiness.

INFINITY



The mind and Infinity, the concept so often associated with God and to a lesser extent the universe. For mind to grasp infinity it first has to give it a name, infinity, in order to identify it, then it must visualise the phenomenon. Both these give infinity an identity and act as containment for this concept. This contradicts the concept because by its very purpose, infinity is not contained and is boundlessness and would contain all including its own name. No name could be outside of it as infinite is beyond this. It stretches past boundaries and past the walls of our imagination. Try imagining infinity first without giving it a name, and then without visualising it. How do you perceive something which is truly infinite? It has no boundaries, it includes everything, including its own description which is infinite, as it includes all, including all names. It is more than nameless which it holds in a vessel, so large that it contains itself as it has no sides. It is beyond all, and is everything and also nothing at the same time, as it contains both everything and nothing at the same time if it is truly infinite. It contains all of time, all the time from the past present and future. This means it would be without time as if all of time was in one vessel then time would no longer govern life. All time would be in one place. Like the universe it would hold all sound and light and energy ever emitted anywhere throughout all of time, before and unlike the universe, after time existed as well, future time.



Everything & Nothing. Everything and Nothing are concepts we are all familiar with but we do not give them much thought. These are great terms along with infinity for contrasting the workings of the soul against the mind. They help to show the unfathomableness of the life of the spirit or God. Everything in its true and full form must hold everything. To hold everything means it must also hold nothing as this exists as well. This nothing we perceive you would assume really is nothing but really it is not that either but it must include the nothing, which really is nothing also, as everything encompasses everything that is and isn't in all its forms. The real and full nothing is in fact bigger than all that we perceive.

Look at the universe where did it appear from. Did it appear out of nothing. Then this nothing must have been pretty big to create the everything we now perceive. There must have been a point in time when there was nothing at all from which everything was created? Or has everything always existed and everything we see been created from everything?







POEMS



I AM

I THOUGHT

I KNEW

EVERYTHING

I KNOW

I AM

EVERYTHING

EVERYTHING I AM

NOTHING I KNOW

ALL KNOWLEDGE I HAVE

EMPTY I AM.






INFINITE OCEAN

OCEAN WAVES
STRIKES THE DYKE
KEEPS INTELLECT DRY
MIND BUILDS EVER HIGHER
ROBBING PETER TO PAY PAUL
TIDE RETURNS
TESTS THE DYKE
FIRST THIS THEN THAT
TRAUMA AND WORRY
LOVE AND HATE
STRIVES TO
RECLAIM THE SPIRIT
DAMPEN THE DRY INTELLECT
WITH THE SPRAY AND SWELL
OF INFINITE OCEAN
AS MAN BUILDS EVER HIGHER
THE STORMS GROW EVER WILDER
WREAKING HAVOC
ON THE COAST
THE SURGE EVER HIGHER
AT FIRST A CRACK THEN A CHINK
OF MINUTE PROPORTIONS
ONLY A DROP PASSES THROUGH
THE DAMPENED GROUND CAN NEVER DRY
AT THE HEIGHT OF THE STORM
A TRICKLE OF SWEET NECTAR BEGINS
AS THE TASTE OF SALT RECEDES
SO SWEET I FORGOT THAT THERE WAS AN OCEAN
A DYKE EVER BUILT
THE LAND WAS ALREADY WET
UNDER THE OCEAN ALREADY
HOW DID I MISS WHAT WAS SO OBVIOUS
ALL THE WASTED TIME
POINTLESS MACHINES AND ACTIONS
WHAT A PITY, A WASTE OF TIME
BUT IT ALL ONLY TOOK NO TIME AT ALL
SO WHY WORRY
LEAVE IT TO ME



BLISS

ONE DAY
I WAS AT LAST A HAPPY PERSON
I THOUGHT JUST FOR A LITTLE MORE
TO REALLY BE
TO GET THERE
HAPPY AND JOYFUL
JUST A LITTLE MORE
I DID NOT KNOW
I WOULD NEVER ARRIVE
IN THIS WORLD
HAPPINESS THE CARROT
ON A STICK
ATTACHED TO MY MIND
EVER DISTANT DESTINATION
WHEN I WAS
HAPPY AND SAD
AT THE SAME TIME
I HAD IT ALL
AND BLISSFUL
CONTENTMENT DESCENDED
SO WHERE WAS I
HAPPY AND SAD
A MYTHICAL DESTINATION
A FABLED CITY
OF TALES LONG AGO
THE LONG TRAIL
WHERE THE DESTINATION
OF HAPPY OR SAD
NEVER ARRIVES
TO A POINT IN BETWEEN
BLISS TO FIND IT.





BEING

THE INTELLECT TRIPS
THE IMAGINATION STUTTERS
THE THINKING STRUGGLES
TO ASSAIL A SHEERNESS
CLIFF INFINITELY TOWERING
THE TOP BEYOND INTELLECT
WHILST COLLAPSING WITHIN
IN HOPELESS DESPERATION
DEFLATING LIKE A BALLOON
AS THE MIND CRUMBLES
WITHIN IS SMALLER THAN A SPECK
OF LATENT DUST
STRETCHING AS HIGH
AS THE OCEAN
AS FAR AS A MOUNTAIN
TO REALISE THE UNASSAILABLE
NEVER HAD TO BE
JUST ONLY
NOT TO TRY AND THINK
BE





I THOUGHT I KNEW

IF ONLY I KNEW
WHAT I THOUGHT I NEW
I REALLY WOULD KNOW IT ALL
WHICH HE SAYS TO ME
IS REALLY NOTHING
AT ALL
TO KNOW ALL OF IT
SO FORGET IT ALL
TO KNOW IT ALL
I DON'T THINK THAT'S RIGHT
BUT YOU DON'T KNOW IT ALL
SO YOU WILL NEVER THINK IT ALL
AS YOU CANNOT KNOW IT ALL
A FRAGMENT IS ALL YOU HAVE
WHICH UNFORTUNATELY
HAS NEVER BEEN MADE
BECAUSE I THOUGHT IT WOULD BE BETTER
IF IT NEVER EXISTED
TO MAKE IT EASY
AS YOU REALLY FROM THE START OF IT
ONLY REALLY NEEDED TO KNOW
EVERYTHING ABOUT NOTHING
AND THERE IT IS FOR A FOOL
KNOWLEDGE OF ALL
IS NOTHING BUT A FOOL.




DYING TO DIE

LET A SMILE OF JOY
COME ACROSS YOUR FACE
LET GO OF ALL BOTH
HALLELUJAH AT LAST
YOU'VE LET ME COME
TO VISIT MY OLDEST FRIEND
ON A HOLIDAY
SO HAPPY YOU HAVE
SENT THE INVITATION AT LAST
NO TIME TO LOOSE.
MUST GO NOW
QUICK AS I CAN
GET GOING AT LAST
PACK UP THIS BODY
CATCH THE FLIGHT
NO MORE OF THIS
CAN LET IT GO
NOT SURE VISITING
OR STAYING
BUT THE INVITATION IS HERE
IN BLACK AND WHITE
HOPE TO STAY

LET LIFE GO

THAT RELEASE WE ALL KNOW
WILL COME FOR SURE
THE JOYS OF SORROW
WELCOME IN
I AM HERE AT LAST
I KNOW IT'S ON LOAN
SO HERE HAVE IT ALL BACK
SORRY ITS SO WORN
GIVE ME ANOTHER
ALL NICE AND CLEAN
BUT BEFORE YOU DO
TAKE OUT OF MY POCKETS
ALL THIS LITTER AND JUNK
ALL MY IOY'S, PROBLEMS AND PROMISES
I'LL HEAR NOTHING MORE OF IT
AND KEEP THE CHANGE
OH IT MAKES ME SMILE TO FEEL IT ALL GO
ACHES AND PAINS IN THE BIN
AH THE JOY OF IT
SAD TO HEAR HER GO
OH NO
I KNEW FROM THE START
I ONLY WISHED IT HAD COME SOONER
TO LET IT GO
OH MY GOD
I'M SO GLAD
TO SEE YOU
IT SEEMED LIKE
NO TIME AT ALL






PATH OF LIFE

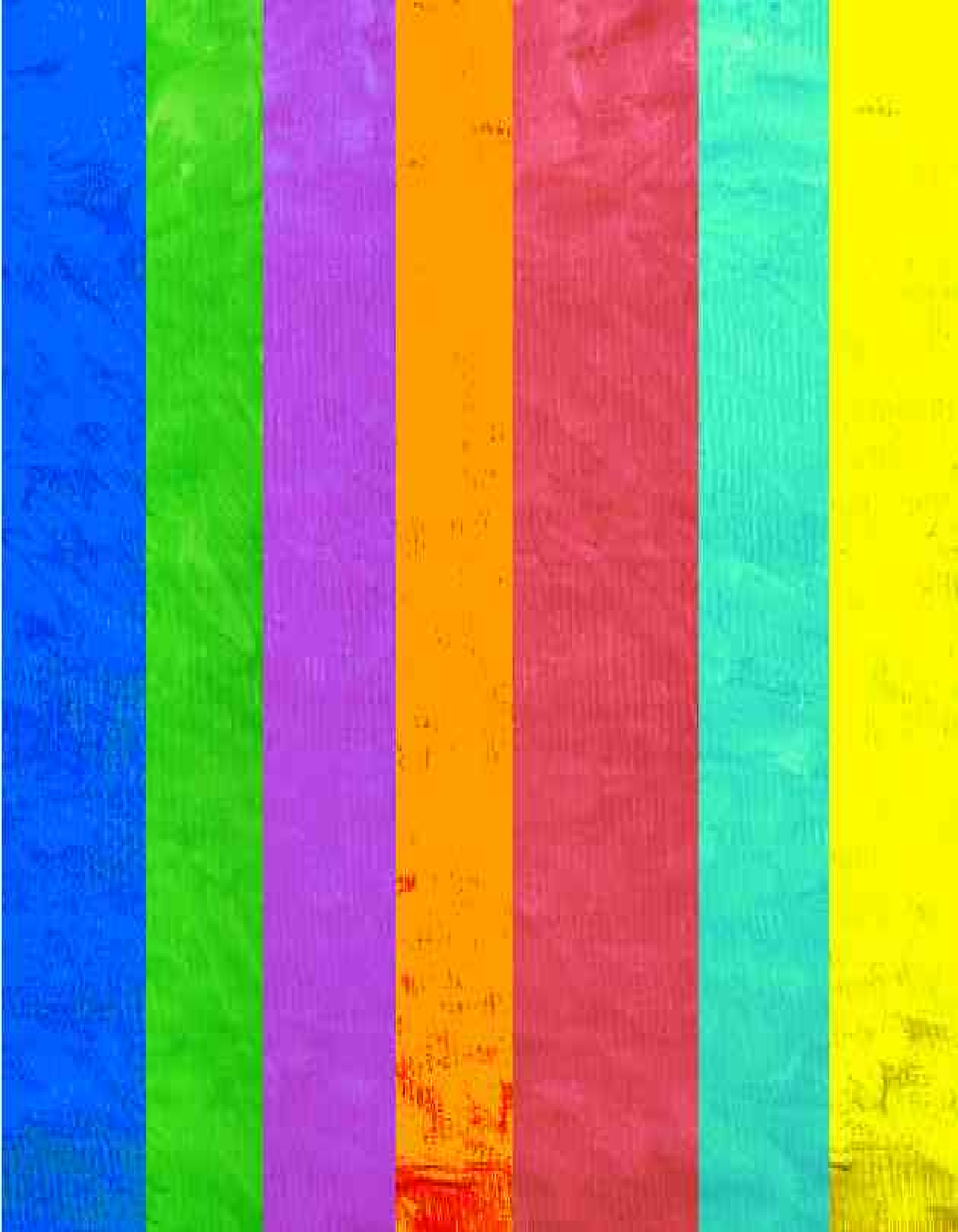
I THOUGHT I WAS FREE
I THOUGHT I WAS STRONG
I THOUGHT I WAS INDEPENDENT
I THOUGHT I HAD CHOICES
AND OPTIONS IN LIFE
WHICH AS IT EBBED AWAY
IT SHOWED ME WHAT I NEVER HAD
TRUTH,
I ONLY HAD A FOOL
TO MYSELF OF HELPLESS
DELUSION
MY ONLY REALITY IS DEATH
SURELY THIS IS GUARANTEED
BUT WHAT A LONG TREK
STUMBLING BLIND
THROUGH A NEVER ENDING FOREST
AS THE WOOD PARTS FROM THE TREES
AND THE TREES FROM THE FOREST
I SENSE THE FREEDOM
INFINITELY FAR
TRUTH MEANDERS ALONG
A NEVER ENDING PATH
HAND OUTSTRETCHED
OUT OF REACH
I THOUGHT
KNOWING I'M HELPLESS
HAND IN HAND WE WALK
THROUGH THE INVISIBLE FOREST
SEEING NO TREES
ONLY THE WAY THROUGH
THE DENSENESS
TO THE LIGHTNESS
OF THE PATH BEYOND



TRUE FREEDOM

CAME A DAY
FREEDOM I REALISED
I NEVER HAD
CAGED BY MIND
DIRECTED BY KARMA
FOOLED BY OPPOSITES
WEIGHED BY POSSESSIONS
FED BY DESIRE
RULED BY JUDGMENT
HELD IN CONFLICT
LOVE ONLY PASSION
FADED LEFT ME
IMPRISONED ALL MORE
BEHIND EVERY JOY
BY AN EVER GREATER WEIGHT
WHEN I GAINED MY WANTS
I ONLY GAINED ANOTHER WANT
DID I TAKE A WRONG TURN
TO THE JOY I THOUGHT
ALL THIS WOULD FIND
A VOID IS ALL
THIS MONEY BOUGHT
CANNOT RECONCILE
COME HERE
OH GOD
I AM TRULY LOST
IT'S ALL A TRICK
KNOWING NOTHING
TO SEE YOU
LET IT GO
AND HOLD ME
COMFORT I AM
LOVE YOU
TRUTH IS





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Paintings & Prints can be ordered direct from Pete
Caswell's own website.

Please look online for information for current exhibitions
and galleries showing his paintings

authors website

www.petecaswell.co.uk

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pete@petecaswell.co.uk

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