

**Sijo's Corner**  
**The Mind, Cleaning, Karma & Life: Lessons, Obstacles, and Opportunities**  
**By Dr. Carl Totton**

When the mind is idle,  
It defaults towards the negative.

Therefore, your mind should be either:

1. Positive
2. In Void space, clean; at zero in the present moment: Be. Here. Now
3. Focused on some creative constructive project or activity

Note: We have 50,000+ thoughts per day!

We may also have up to 11 million bits of data move through our subconscious per second. This largely becomes karmic material that will need to be cleaned and transmuted.

If we don't keep our subconscious clean we will become over run or even contaminated with mental debris that will clog our system and prevent connection with our higher self and Divinity or Source which is where we download inspiration and creativity related to our purpose for life.

**Daily Programs**

1. Upon awakening, scan your day and psychically clean it; perform your daily gong (your personal self-improvement program) including moving into the sacred space within your heart, a space of unity consciousness or nondual awareness which is beyond polarity.
2. Clean and erase periodically throughout the day. Just think about your life and say to yourself, "clean, erase, erase". Nurture and care for your inner child (subconscious mind) at all times by saying to yourself, "thank you, I love you".
3. Before going to sleep review the day and recapitulate and clean to reduce karma and return your center to zero. Find 3 things you are grateful for that day.
4. Go to sleep at zero with love and gratitude on your mind. This will prevent your left brain from dumping its contents into your right brain and contaminating your sleep and subconscious with data resulting in unrestful sleep and exhaustion the next day.
5. Return to #1 and repeat upon awakening
6. Remember, a shaman dreams their life into existence by assuming responsibility for its direction. Our options for life are actually simple:
  - a. Clean returning to the void or zero-point awareness in the present moment
  - b. Don't clean and remain in chaos, monkey-mind, polarity consciousness
  - c. Connect with our higher self and Source (The Great Tao) and download pure inspiration and creativity related to our life purpose and meaning.

Dream well and if you need help, ask for it. It is in giving that we receive

**Love, and may the Tao be with you, always!**  
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