

# **SUBCONSCIOUS MANTRA**

by

**Ashley Graetz**

Acknowledging additional contributions by Sir Julian Montague

Copyright to Ashley Graetz © 23 July 2023.

No part of this publication may be replicated, redistributed, or given away in any form without the written consent of the author/publisher or the terms relayed to you herein.

## Contents

[Introduction](#)

[Preface by Sir Julien Montague.](#)

[Note to the reader](#)

[Chapter 1: Name the fear that appears in your mind. Then say the following words until it disappears.](#)

## **Introduction**

This book in no way supports or condones war in any form or any of the political divisiveness media inserts into the public's consciousness. This is purely speculative travelog fiction based on current historical happenings at time of writing. This Mantra is to help anyone who is constantly attacked by fearful thoughts or doubts in their minds. To remove an obstacle is to first recognise it as real or not.

. So enjoy a way of freeing oneself from the world using a contrarian view to free yourself from constant transience in thought. As we are all Looking for Love, work and a home in the world's biggest upheaval of the existing system. Although set in various known places, this book is a work of fiction and any similarities to names, people or places is purely coincidental.

**Preface by Sir Julien Montague.**

Venting is a healthy means of releasing the tensions, just so long as we take responsibility for our part in any drama, often actuated by our own unaddressed default systems. The last is a Swamy or quick sand that's almost impossible to escape, and yet it's gone and dusted, it's like a virus that has infiltrated our minds, whatever happened is dead, it's disappear into oblivion, and yet the mind being so addicted to its own neurosis and sense of lack is possessed with the need to resurrect every hurt every betrayal, every failure as some sort of badge of self justification of our own perpetual failures, and the tragedy about this is that it suffocates the possibility of the present moment, because it's always looking backwards, it believe in a story that has passively accepted its own self limitations as if it were gospel, and so the again and again the higher teachings or insights have warned us about taking anything the egocentric mind is saying, such a mind is a as fundamentalist as any religious cult, and so again and again that inner or higher wisdom says, stop what you're doing, don't believe in the lies born of an over indulgence or one's back story. Akin to the movie scene in 'the mission', at some point we have to forgive ourselves and let the weight of every disappointment and failure go, that in essence is what an inner or higher power is, the gnosis to hand everything over when it's the last thing the mind would ever consider.

The best stories are those that not only capture the existential pains of a troubled life but go to the heart of how and why the characters in our story are suffering, that's the gift of a true artist, the one who can feel another's pain and not judge.

**Note to the reader**

*“The only permanence in life is Longing.”* Ashley Graetz

## SUBCONSCIOUS MANTRA

Chapter 1: **Name the fear that appears in your mind. Then say the following words until it disappears.**



I

**Don't**

**Will**

**it**

**So,**

**or**

**want**

**it**



**SO,**

**or**

# Need

**it**

**SO.**

**But**

**if**

**it**



**be**

**SO;**

# Then

**be**

**it**

**So.**

