

# The Neutral Mind Practice

## A Guide for Grounded Future Projection

The Neutral Mind is not a passive state – it is an active practice. Use this guide to move through the four stages: settling the body, reading the present moment honestly, engaging the Neutral Mind, and projecting forward from a place of clarity and alignment.

### STAGE 1 Ground & Settle

*Settle the nervous system before any assessment begins.*

Place both feet flat on the floor. Take three slow breaths, extending the exhale. Hold Red Jasper if you have it. Feel the weight of your body. The goal here is not insight – it is simply landing.

*What I notice in my body right now:*

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### STAGE 2 Read the Present Moment

*What is actually here – not what you hope or fear is here.*

Turn your attention to what is actually true right now, separate from interpretation. Notice what you have been avoiding looking at directly.

What is actually happening, separate from my interpretation of it?

What results are my current actions producing right now?

What signals have I been minimizing because they are inconvenient?

What would I observe if I were advising a trusted friend?

*What the present moment is showing me:*

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#### THE NEUTRAL MIND

*Neither reactive nor inflated.  
Holding both truth and possibility at once.*

#### SIGNS IT IS ENGAGED

- Steady, not urgent
- Can hold uncertainty
- Sees clearly around desire
- Open perception

#### SIGNS IT NEEDS SUPPORT

- Compelled to decide now
- Dismissing other views
- Confirming what you believe
- Committed to a fixed story

**STAGE 3** Engage the Neutral Mind

*Hold both what is possible and what is true — and ask to see clearly.*

Hold Purple Flame Labradorite. Ask: If I set aside both my hopes and my fears, what do I actually perceive about this situation? Stay here until a quality of steadiness arrives — a quiet sense of: this is what I actually see.

*What my Neutral Mind perceives when I quiet the momentum:*

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*What I have been avoiding seeing clearly:*

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**STAGE 4** Project Forward from Clarity

*From grounded, neutral presence — what is the next right step?*

Not the whole plan. Not the full vision. The next right step — the action that is aligned with both what is true now and what you are genuinely moving toward.

*The next right step I can take from this grounded place:*

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*What I am projecting forward — rooted in what is true:*

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**CRYSTAL SUPPORT FOR THIS PRACTICE**

**Red Jasper**

*Stages 1 & 2*

Slow, steady presence. Grounds you in the present moment before any projection begins.

**Purple Flame Labradorite**

*Stages 3 & 4*

Visionary clarity without illusion. Supports genuine inner knowing and grounded forward movement.

*My intention, grounded in what is true and what is genuinely possible:*

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*"Clear-sighted hope is hope that has been tested against reality and emerged stronger."*