

THE THREE ASPECTS OF MIND

Understanding the process of **thought to creation** is the knowledge that we consist of three expressions of the self; the conscious, subconscious and superconscious mind. In brain waves this is translated as the beta mind – conscious; the alpha/theta mind - subconscious; and the theta/delta mind - superconscious. This knowledge is the first principle of cause for directing your life and creating your own destiny.

The act of Creation: bringing a desire into physical manifestation, depends upon a person understanding the characteristics and interrelations between the three aspects of your mind.

The **Conscious Self** is the seat of your rational abilities and is the experiencer of your daily life.

The **Subconscious Self** is the seat of your senses and emotions and the biochemical sequences in which you act and react in the world.

The **Superconscious Self** is the seat of your intuition and inspiration, is the neutral observer, and creates from the open potential of the quantum field.

Each aspect is energetically linked into the physical body, and resonates at different frequencies associated with your different brain waves; from the physical world to the thought planes. Ideally, all three aspects work together harmoniously in non-duality, creating a powerful coherence of thought.

Briefly, we can say: your subconscious mind operates through your senses and emotions and it is very literal and suggestible. The conscious mind makes your decisions by reason, and through your will, and cannot communicate directly to the superconscious; it must go through the subconscious mind where your feelings and heartfelt desires reside. The superconscious mind, is your greater intelligence that brings thoughts and ideas to you, and guides, supports and protects.

One of the most important techniques in ancient wisdom was to understand the lines of communication between the three minds.

Always remember that the subconscious, and not the conscious mind, has the direct line to your greater intelligence. If you wish to speak to the superconscious by prayer, cultivation, or invocation, you have to go through the subconscious and your **beliefs and filters**. The most important mechanism of changing one's ability to manifest is learning to speak through the subconscious to the superconscious to create what you desire.

ACTIVITY OF THE SUPERCONSCIOUS-SUBCONSCIOUS-CONSCIOUS

The Power of the Superconscious Self:

The superconscious mind, is often called the Higher Self, Soul Body, Eternal Self or your Source Mind and is what we refer to as your **Greater Intelligence**. Here your mental abilities are beyond understanding by the conscious self. The superconscious has vast powers that can become an active part of your life under the direction of the conscious self with the cooperation of the subconscious.

If you want a place in space you can say it resides about twenty-eight to sixty-nine feet above the physical body and can only be spoken to when we put our minds into theta brain activity; 7-4 cycles per second.

The instant you invoke your superconscious mind, it responds. It gives guidance automatically from behind the scenes, without your awareness of the process.

This is the source of all guidance, miracles, great opportunities, new thoughts, solutions to your problems, and provides greater good than you can image. Other than the ultimate source, it is the highest form of consciousness available to human beings.

It has vast powers to heal the body and mind of you and others. It does not operate on "time" as we know it – it only operates in NOW. When you command you are telling your mind to know something you direct by your command within you NOW!

A number of superconscious purposes are to: guide us all the time, usually as an intuitive hunch, to heal us, and to manifest our desires. The more we spend time focusing on the superconscious theta mind the more it responds. It is always ready to help us at all times, but its essential nature is attuned to the vast unlimited potential that is yours.

As you actively speak to your superconscious theta mind, struggle diminishes and more and more good appears, until ease and success become your new way of living.

It knows you better than you know yourself and has all the information you need to become self-actualized. It is the source of wisdom and creativity.

Your Source Mind loves you unconditionally, all the time, no matter what you do or don't do.

It activates what desires and thoughts you are sending to it to create. You are mostly creating your life unconsciously. To create something new in your life, you must do so with **conscious intent**.

The superconscious mind is **limited by what you ask for or believe you deserve** in the subconscious, **nothing else.**

If your subconscious programming is texturized with upset, hurtful, angry, deceitful, hateful, or guilty feelings it will only be able to process those thoughts and feelings for you. Your superconscious mind cannot communicate with your subconscious mind when it is filled with these negative guilt-ridden thoughts, full of complexes, fixations, compulsions, and other rigidities. It is appropriate to cleanse and neutralize as much negativity that is currently in ones unconscious as possible, to create the life you truly desire.

Once good communication is in working order with your subconscious self, you are ready to improve communication while in theta with your Greater Intelligence. This enables you to accomplish wondrous and seemingly miraculous things for your life.

The Conscious Mind

The conscious self spends a lot of time in just thinking and doing. It can only take input up to plus or minus, seven items at a time. For example, I'm typing, my legs are cold, it's gray outside, I hear the refrigerator, etc. It operates in beta brain wave frequency at 13 - 30 cycles per second

For the conscious mind to hear more subtle messages, other than urgent messages such as, brake the car, or fire, the conscious self must be calm and receptive in alpha/theta frequency. The conscious self is dependent on the subconscious for its energy, and can only be influenced by the superconscious through the subconscious theta state.

The conscious mind has a presence of its own and is described as our ego. It is the job of the conscious mind to protect us by thinking through information and making conscious decisions. It has the ability to discern what is valid, important and helpful. It can compare and contrast, make pro and con lists and act in sequential ways to implement ideas.

The conscious mind needs to be respected, and if it needs more information before it becomes satisfied with your unconscious choices, give it the time and information it needs.

There is often conflict with what the conscious mind thinks is best for an individual, and what the Superconscious knows, and the subconscious, filled with its programs wants to have. For example; You want to quit smoking, consciously and take action to accomplish that. Yet you find you fail. The subconscious hasn't gone into agreement with your conscious mind and as 90% of your mind power resides within the subconscious, guess who has the last word. So you can't

achieve your goal because you do not know yet how to work equally with the conscious, subconscious, and Superconscious mind

Conscious Mind: 10%

1. Analyzes
2. Thinks and plans
3. Short-term memory
4. Will Power
5. Powers of discernment

The Subconscious Mind

Most of the information about your life, and the activities for your health and survival, are occurring at a subconscious level. The subconscious makes up the largest part of the mind and might be referred to as a very intelligent two to five-year old, no reasoning; just feeling and responding.

In the beginning, the conscious mind has very little to do; you survived out of instinct by acting, reacting and adjusting to your environment. As the world became more complex, and the cerebral cortex develops, the conscious mind becomes your predominated mind.

The subconscious level of mind is your survival instinctive. Usually very little communication occurs with the subconscious except in times of survival. It is your intuitive, feeling level, not logic, just feelings and acts and reacts by habit to what you were taught to believe as a child.

The subconscious keeps your heart beating, your blood flowing, heals your wounds and lets you move all of the body's muscles without conscious thought. Your subconscious is there to take care of the organism that is you.

The subconscious mind can only be accessed when you operate in the alpha, theta, brain frequencies. It requires you to s l o w down your brain and turn off your beta conscious thinking to achieve contact.

Meditation, mind wandering, energy healing, prayer, reverie, and thinking in theta creatively are all functions of the subconscious mind.

The subconscious mind accepts everything that it is sent with no filters, and no judgment of good or bad, right or wrong. It simply accepts and stores what has been sent. The negativity, guilt, fears, and doubts that you learned since childhood are locked into your subconscious awareness, as well as your beneficial, life supporting programs. It is the conscious mind's job to discern what should be sent to the subconscious, and to eliminate what has been sent that is detrimental.

The subconscious remembers everything and is easily impressed. It believes that a symbolic act is the same as a real act and therefore can be healed through enactment and ritual.

It stores more information in its memory from experiences with strong feelings and heightened emotions. Therefore extreme experiences have more impact on the subconscious than simple words.

It likes to be entertained, just think of those two-three year old games such as “peek a boo.”

It responds well to love.

When we think of our past we re-experience the same emotions again and again because the subconscious says that memory is happening now. When we think about the future the subconscious searches to find that experience, bringing events and people into our life to create that future because for it, that future is happening now.

The subconscious operates with abstract thinking and feeling, the right brain and generates energy for the conscious and Superconscious minds. It is the data base for our complete life and the hard drive for our operating system; our health, autonomic nervous system, heart rate, blood pressure, breathing, etc. It's human capacity is enormous and linked with the Greater Intelligence it is unlimited in its ability to create and heal.

Subconscious Mind: 90%

1. Long-long-term memory
2. Expresses our emotions and feelings
3. Stores and recreates our habit patterns, addictions
4. Runs the body, our involuntary and autonomic nervous system
5. Is the receptor of our creativity, and intuition, and is playful
6. Operates in the now
7. Responds well to love, rituals and ceremony

HOW THE THREE MINDS WORK TOGETHER

Think of the three aspects of mind as a house with a basement, a first floor, and an attic. The conscious self lives on the first floor, it can see out the windows to get a glimpse of the world. Other buildings, trees or shrubs can block the view and so the information gathered by the conscious self may be limited and may not be correct.

The subconscious self lives in the basement with no windows. The only “facts” given the subconscious are pictures, sounds and emotions – the decisions and

beliefs about life received and filed through experience. The subconscious does not question these “facts” and files them away as memory.

The Superconscious lives in the attic. This Greater Intelligence can see all through unblocked windows. It sees pure truth. It operates as you 93 billions times greater than your ego self, without judgment against you – only support for you and answers your commands for whatever you wish to create. It is you in the quantum field of all open potential able to create in any direction.

Have you ever wondered where you got that brilliant idea? Where does that thought come from before your mind thinks it? Your Superconscious.

The Superconscious Mind creates symbols of your desires in the thought planes where there is pure energy and knowledge, and sends them to you. It sends impressions, images and symbols to your subconscious mind in your dreams, through your intuition, and by insights and inspiration to take you into action.

The Superconscious will heal you first and then manifest your desires. Thoughts of unworthiness or guilt can block your attainment. There is no reason to lack anything. thought is the demand that brings it about. The most important step is to clearly identify that which you desire then send it to the thought planes where your Greater Intelligence waits to fulfill its’ creation. By positive concentration and attention to your desires, through energized thought, and by releasing the subconscious mind from its false beliefs, you establish communication between the three minds and the attainment of your life dreams.

What ever you desire is available from this realm of who you are. From here we receive our thoughts that sound in our mind and our imagination and if our subconscious is negative, guilt-ridden or ashamed, the Superconscious will enter flaws into our goals.

HOW NEGATIVITY INFLUENCES THE SUBCONSCIOUS

The subconscious self is extremely suggestible, and easily hypnotized. It is influenced by what others say, by the printed word, by movies and television, and especially by your own thoughts.

If your thoughts are pessimistic, discouraged, or cynical, your subconscious self will take those thoughts in and translate them into reality for you. It will bring about events that confirm your pessimism.

If you harbor negative thoughts about a relationship your subconscious will bring about incidents that worsen the relationship. If you entertain negative thoughts about a situation, your subconscious self will cause the situation to get worse.

Your subconscious self is so easily hypnotized that it will keep repeating negative thoughts endlessly, causing successive problems in your life that don't seem to clear up. Once on the treadmill of negativity, it will tend to perpetuate the negativity, feeding negative thoughts and feelings back to you repeatedly.

It is the duty of the conscious self to mentally challenge these negative thoughts and convert them into positive actions. It must do this whenever a negative thought appears, especially one that is persistent. The conscious self must do this in a way that does not diminish the well-being and self-esteem of the subconscious self. This requires patience, tact, and strong intention on the part of the conscious self.

The subconscious mind is easily hypnotized and influenced by what it receives, however, the subconscious does not easily change its mind, once it has accepted an idea. In addition, that which it learns with the strongest feeling is the most deeply rooted in its core beliefs about life.

Most of the core beliefs that it has accepted were stored in memory from ages; birth to five. At that time we were open, vulnerable, easily programmable, and seeking love and approval from those raising us for our survival. We were physically small as well, so that programming relates to the small child within, and when we recreate that information, or are triggered into that survival reaction, we speak and act from that small defenseless image.

Illogical as it is, (the subconscious mind is not rational or logical), its job is to keep defining its safety by what it knows from the times it was most challenged. In other words, the most traumatic incidents that happened with the strongest emotion, (fear for our survival), are the strongest programs.

For the most part we live unaware of this process, and we react in a stimulus-response mechanism. When there is something in the environment, real or imagined, that is at all similar to our early survival programming, which to our subconscious is practically everything, then this core program activates. We experience some of these conditioned responses as anxiety, fear, anger, skepticism, withdrawal, flight and / or boredom.

For instance, when you were two years old a dog startled you by suddenly barking ferociously at you. Your mother grabbed you and yelled at the dog. You cried and were frightened. You probably made the decision to avoid furry animals. Today, the memory of that event has long been forgotten, yet you still feel very nervous around animals and tend to break out in hives when a cat sits on your lap. That is an example of an inappropriate and conditioned response to an earlier threat to survival.

Condition responses include family systems that generate continuous fearful and negative thinking, as well. For example, if your family screamed at each other and

fought constantly, your core beliefs include that as a strategy for survival, yelling and fighting. Or if there were hard times and not enough food, your subconscious mind will endlessly speak to you about having more because what you have could disappear, or express the fear of becoming homeless or starved, irrational as it may seem.

If you had even more severe experiences in your childhood, incest, sexual abuse, constant criticism, or physical brutality then whatever decisions, (such as I better hide and become invisible) are that much more established in your core survival beliefs. “Hey I'm not going to become visible until I know how to be safe in another way than hiding,” you might say, and rightfully so.

Even though it may be embarrassing that you immediately run into the bathroom when you go to a party or a new place, checking out where you can hide (unconsciously) and that you stay there for long time, or return repeatedly, you don't have to give up those actions until you have replaced them with another way to be safe.

Clearing, changing, resolving, and discovering your core survival programming is not comfortable when you first begin. You may experience discomfort, headaches, restlessness, tiredness, boredom, embarrassment, hunger, resentment, irritability, unpleasant memories, and other less-than-positive responses.

The best way to face these feelings is to be willing to experience them as they come up. Resisting them only intensifies and prolongs them, this is the Law of Thought. Ask yourself how much energy have you spent throughout your lifetime repressing these feelings? I often say there is the pain of hurting and the pain of healing. The pain of hurting is re-living, over and over, behaviors that bring you sadness and stress and is ongoing, constant, and never ending. The pain of healing is similar to taking the bandage off of a wound, short and strong, yet deeply felt.

If you find yourself hearing an inner sound saying that you need to get out of here, change that thought to, you need to get out of your old way of thinking. If you find that you are feeling uncomfortable, then be willing to be uncomfortable and send that uncomfortable feeling to your old way of thinking. When your vision gets cloudy, recognize what thought or idea is creating that cloud and send that thought up into the bright blue sky. Observe the mental images or ideas associated with these experiences.

As you practice these techniques you discover that it becomes easier and easier to let the old ideas and feelings arrive. When you are allowing them to be there, you are free to dissolve and change them into something more potent and powerful for your life.

Through The One Command process you are able to quickly change an old belief, thought, fear, resentment or judgment and replace it with what you want instead.

By bringing your previously unconscious ideas, attitudes, and mental pictures to the surface, even those highly charged with emotion, and releasing or restating them, you allow space for those good ideas and attitudes that are you as well, to arrive. This practice liberates your thinking and empowers your life.

Some Commands to Consider

I don't know how I open my heart and open my mind to access the quantum field while in theta. I only know I access the quantum field now and I am fulfilled.

I don't know how I trust my Greater Intelligence has answers and solutions for my peace of mind and greater success. I only know that I trust my Greater Intelligence and take inspired action now and I am fulfilled.

I don't know how I release my past limiting thoughts, thank them for supporting me up until now, and move forward with new habits. I only know that I do so now and I am fulfilled.