

THE THREE MINDS

The basis of understanding the process of **thought to creation** is the knowledge that we consist of three dimensions of the self; the conscious, subconscious and superconscious mind. Throughout the world, in ancient and modern teachings, religions, and spiritual applications, this underlying knowledge is the first principle of cause for directing your life and creating your own destiny.

Mostly this information has been kept a secret, allowing only a few of the “chosen” or “ordained” to have access to the knowledge, maintaining power and control over others. **Creation, bringing a desire into manifestation**, depends upon a person understanding the characteristics and interrelations between the three minds or selves.

- The **Conscious Self** is the seat of our rational abilities.
- The **Subconscious Self** is the seat of our senses and emotions.
- The **Superconscious Self** is the seat of our intuition and inspiration.

Each self is energetically linked into the physical body, yet each self resonates at different frequencies associated with our different brain waves; from the physical world to the thought planes. Ideally, all three minds work together harmoniously.

Briefly we can say: Our **subconscious mind** operates through our senses and emotions, and it is very literal and suggestible. The **conscious mind** makes our decisions by reason and through our will, and cannot communicate directly to the superconscious; it must go through the subconscious mind where our feelings and heartfelt desires reside. **The superconscious mind** is the personal ‘God’ of the individual that brings thoughts and ideas to the person to guide and protect them.

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 the superconscious mind. If we wish to speak to the superconscious by prayer, cultivation, or invocation, we have to go through the subconscious and its **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 we desire.

Activity of the Superconscious-Subconscious-Conscious

The Power of the Superconscious Self:

The superconscious mind, that I call your Greater Capacity can be seen as a part of your own intelligence that is far superior and whose mental abilities are beyond understanding by your Conscious Self. It has vast powers that can be developed under the direction of the Conscious Self with the cooperation of the subconscious.

The Superconscious Self lives intermingled with the other two selves and can only be spoken to when we put our minds into theta brain activity of 7-4 cycles per second.

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

This is the source of divine guidance, and has all the powers associated with that. Other than the ultimate source God, it is the highest form of consciousness available to human beings.

It has vast powers to heal the body and spirits of you and others. It does not operate on "time" as we know it, so it "remembers" the past and "knows" the future.

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 mind the more it responds. It is always ready to help us at all times, but its essential nature is attuned to higher dimensional realities.

As we actively speak to our superconscious or Greater Capacity, struggle diminishes and more and more good appears, until ease and success become your new way of living.

You know you in your Greater Capacity better than you know yourself in your beta/conscious/mundane mind and have all the information you need to become self-actualized. This portion of your intelligence is reached through your theta brain wave and is the source of all your wisdom and creativity – including what you manifest.

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

It can only manifest what desires and thoughts you send to it to create. You are mostly doing this unconsciously. To create something new in your life, you must do so with **conscious intent**.

The Superconscious Self is **limited by the unconscious programming** in the subconscious Self, **nothing else**.

If the subconscious programming is texturized with upset, hurt, angry, deceitful, hateful, or guilty feelings those are the thoughts and feelings you send into the infinite possibility of reality. Your superconscious mind cannot communicate with your subconscious mind to give you great new ideas, make important connections, bring more clients get the results your truly desires when it is concentrating on 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 your unconscious as possible, before inviting the High-Self to fulfill your prayers.

Once good communication is in working order with your Subconscious Self, you are ready to improve communication with the High-Self. 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 become calm and still in the alpha frequency. The Conscious Self is dependent on the subconscious for its energy, and can only communicate with the superconscious through the subconscious.

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 alone has the ability to discern what is valid, important and helpful.

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%

- Analyzes
- Thinks and plans
- Short-term memory
- Will Power
- Powers of discernment

The Subconscious Mind

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

In the beginning, the conscious mind had very little to do; we survived out of instinct. As the world became more complex, and the cerebral cortex developed, the conscious mind became our predominant mind.

The subconscious level of mind is our survival instinctive. Usually very little communication occurs with the subconscious except in times of survival. It is our intuitive, feeling level, no logic, just feelings, and it only experiences life in the now.

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

The subconscious mind can only be accessed when we operate in the alpha brain frequency; 12-8 cycles per second. It requires us to slow down our thinking to achieve contact.

Meditation, mind wandering, energy healing to remove pain, prayer, reverie, and thinking creatively are functions of the alpha brain frequency.

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 we learned since childhood are locked into our subconscious awareness, as well as our 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.

The subconscious mind only operates in now! There is no past or future, there is only now. When we think of our past we re-experience the same emotions again and again because the subconscious says that memory is ‘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 database for our complete life and the hard drive for our operating system; our health, autonomic nervous system, heart rate, blood pressure, breathing, etc. Its human capacity is enormous and linked with the Higher Self. It is unlimited in its ability to create and heal.

Subconscious Mind: 90%

- Long-long-term memory
- Expresses our emotions and feelings
- Stores and recreates our habit patterns, addictions
- Runs the body, our involuntary and autonomic nervous system
- Is the source of our creativity, and intuition, and is playful
- Operates in the now
- Responds well to love, rituals and ceremony
- Is the door to our Higher Self and spirit
- Provides energy for both the conscious and superconscious

How the Three Minds Work Together

Think of the three selves 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 feelings sent through a telepathic telephone line of from the Conscious Self on the first floor. The subconscious does not question these “facts” and files them away as memory.

The superconscious lives in the attic. This Higher Self can see all around through unblocked windows. It sees pure truth. The Higher Self’s telephone line goes only to the Subconscious Self in the basement. It cannot communicate directly to the Conscious Self. This is why we must send our thoughts through the subconscious mind in order to reach the Superconscious Self.

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

Self receives messages from our subconscious and then fashions our future. The superconscious mind creates symbols of our desires in the thought planes where there is pure energy and knowledge and sends them to us. It sends impressions, images and symbols to our subconscious mind in our dreams, through our intuition, and by insights and inspiration to take us 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 Higher-self 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.

Whatever we desire is sent from our Higher Self, from this realm of who we are. From here we receive our thoughts that sound in our mind and our imagination and, if our subconscious carries emotions and thoughts that are negative, guilt-ridden or ashamed, the superconscious will enter flaws into our goals.

Now 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 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 thoughts will bring about incidents that worsen the relationship. If you entertain negative thoughts about a situation, your subconscious thoughts 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 for our survival from those raising us. 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), and 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, fight/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 such as incest, sexual abuse, constant criticism, or physical brutality, then whatever decisions, (it is best to hide and become invisible) and actions you took (withdraw) are even that much more established in your core survival beliefs. "Hey I'm not giving that up until I know how to be safe in another way," 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, don't 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 purpose is to get you away from your survival, based on your old way of thinking.

As we go through the seminar, 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, the Law of Thought. Ask yourself how much energy you have 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 willing for them to be there, you're free to dissolve and change them into something more potent and powerful for your life. Realize that even when you change the unconscious program, you don't have to give it up. You can always have yelling and fighting as a strategy for your safety. There may be times when that could save your life. However, you aren't compelled to yell at your husband, wife, children or co-workers if you de-link the unconsciously conditioned stimulus-response. You can also resolve issues in other more appropriate and satisfying, (less stressful and upsetting,) ways.

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 other good ideas and attitudes that are you as well but until now have had no room to be heard, seen, or experienced. This practice liberates your thinking and empowers your life.

Human Motivations --Fear

A basic, observationally based assumption common to all is that fear is the most primary human emotion and motivation. Fear is defined as: A response to a clear and present danger. In the modern world, the experience of fear occurs more directly in the form of anxiety. In many cases this stems from an imagined, undefined or unknown threat. In many cases anxiety stems from unconscious conflicts, feelings of insecurity or forbidden impulses within ourselves.

Given this understanding, fear can be seen to arise from the instinctive survival realm of the mind, the subconscious. Anxiety can be seen to arise from the conceptual realm of the mind, the conscious.

The subconscious functions of the mind are there to protect the organism. They react to anything threatening damage to the body. Fear at that level is different from conscious level fears. It is a stimulus-response - the animal attacking - stimulus; I feel fear and run-response. Fear at the subconscious level is a survival/instinctive response that occurs so that the organism does something to survive.

Theoretically, the subconscious should come up and trigger a reaction to and rejection of anything damaging to the organism. Unlike the negative effects of an actual physical attack by an animal, conceptual negativity is constant and instinctive rejection of it is as readily triggered. The effects of the conscious level anxieties are allowed to eat away at the mind and body.

The brain is not just a thinking machine, it is a biological adaptation, and designed to promote survival in the environments were it evolved. Survival depends on the ability to respond to threat or reward, and predict the circumstances under which they are likely to "occur." The brain structures that handle that job evolved long before the neocortex (the seat of conscious awareness), and they easily override it.

The "emotional brain" as it has been called, is this web of ancient circuitry, and is highly attuned to signs of potential danger. Through a process known as fear conditioning, it can perceive a mundane stimulus as a warning sign. The fear system command center is the amygdala, a small, almond-shaped structure that rests near the center of the brain and is elaborately tied to other regions through nerve fibers.

An activated amygdala doesn't wait around for instructions from the conscious mind. Once it perceives a threat, it can trigger a body-wide response within milliseconds. Jolted by impulses from the amygdala, the nearby hypothalamus produces a hormone called corticotrophin releasing factor, or CRF, which signals the pituitary and adrenal glands to flood the bloodstream with epinephrine (adrenaline), norepinephrine, and cortisol. Those stress hormones then shut down non-emergency services such as digesting and immunity, and direct the body's resources to fighting or fleeing. The heart pounds, the lungs pump and the muscles get an energizing blast of glucose.

The stress hormones also act on the brain, creating a heightened alertness and supercharging the circuitry involved in memory formation. "The amygdala tells the rest of the brain, hey whatever happened, make a strong memory of it." It makes a strong correlation between the significance of an event and the remembrance of it.

Like any aggressive defense establishment, the amygdala and its army of stress hormones can divert resources from other critical areas. It can also cause extensive collateral damage, even death.

Norepinephrine is toxic to tissues of your body, but in particular the heart. Prolonged stress has physiological consequences. In other words, acute fear is not the only kind that can hurt you. Constant low-grade adrenaline baths may subtly damage the heart, raising the long-term risk of cardiovascular disease. Continuous exposure to cortisol can dampen the immune system, leaving stressed people more vulnerable to infections and possibly even cancer. Stress hormones can harm the brain, too, severing connections among neurons. Studies have shown that prolonged stress also shrinks the hippocampus, a brain structure that plays critical roles in processing and storing information.

Stress almost always comes out in bodily symptoms. Even at low levels, anxiety causes muscle tension, which in turn leads to aches, pains and twitching eyes, to more extreme head aches, insomnia, back pain, neck pain, and disorientation.

In both fear and anxiety, the body mobilizes itself to meet the threat; muscles become tense, breathing is faster and the heart beats more rapidly. This fear or anxiety response is composed of unhealthy physical and psychological responses. Many people live in a constant state of physical mobilization against internal conflicts, impulses and insecurities. This could be restated as a state of dis-ease.

For example, a person walks into a party and gets an instinctive feeling or wanting to avoid a certain individual (subconscious reaction.) Then a voice comes up and says, "Oh but I shouldn't be rude, that person is probably very nice. What a stupid feeling." (Guilt arises from the conscious mind.)

Understanding this clearly shows the interrelationship between the psychological and physical well-being. The conscious mind houses the damaging anxiety responses, the conceptual fears, guilt, low self-esteem, anger, frustration, these are negative and conscious conceptually caused emotions. Conscious level fear is - I feel afraid I'm unattractive - I feel afraid I didn't do well - I feel afraid I will get sick, etc.

Conscious level fear is not generally a survival response of the organism to protect it from danger. It is a physical and psychological response to mentally created negativity.

When you make friends with your subconscious mind you are more able to listen to the subconscious and superconscious intuitive guidance and less likely to be victimized by the negativity of the conscious. The result of strengthening the subconscious is that responses become more positive for your healthy survival.

By strengthening the subconscious you are not reprogramming the subconscious or getting the subconscious to accept positive ideas. Instead you are deprogramming the subconscious to have to respond in the old way. You can always keep your old strategies for safety and now you can also add new ones.

Every time you communicate with your subconscious mind you also are teaching and strengthening your conscious mind even as you begin functioning more from a part of your mind that contains an infinite number of resources, the subconscious and Superconscious. Remember the subconscious is your survival instinct level, and has your best interests at heart.

Another result of speaking to your subconscious is that you will relax physically. It has been proven that the fewer thought impulses going through your brain, the less tension in your body. You relax by slowing the mind down. So, as you practice communicating, you are learning to slow down your thought activity, thus relaxing your body. There are numerous benefits from greater relaxation: obvious physical benefits, slower pulse rate, lower blood pressure, loosening of tight muscles, better circulation and a calmer body and mind are less receptive to negative emotion. You will feel emotionally better the more relaxed you are. Negative emotion will not be felt as intensely and not last as long.

As you go about your daily life, responses to people or situations will be more instinctive arising from the intuitive, and thus, more positive for your physical and emotional survival. A natural assertiveness and confidence develops.

When the conscious brain waves slow down, the body automatically relaxes. The less thought impulses going through the brain, the less tension in the body.

There are direct benefits from consistently communicating with your subconscious.

- Obvious negative pressures come off the body, pulse rate slows. Heart rate slows, blood pressure drops, etc.
- Any imbalances in the system such as hormonal imbalances, Blood sugar imbalances, etc., begin to return to more normal functioning. Stress creates and maintains unhealthy imbalances, relaxation returns the natural balance of the body.
- The more tension in body, the more vulnerable the person is to the effects of emotion. The more relaxed the person is, the more natural resistance exists to negative emotion. If someone tries to create emotional upset, the negative emotion will be felt more intensely and quickly and will remain longer if there

is tension. In a more relaxed state, an emotional reaction will take longer to trigger. It will be felt less intensely and will be released more quickly.

This new, more relaxed experience of negative emotion feels like being on the outside looking in. It is like having the thought of a situation without reliving it. If a negative emotion does pop up it will pass quickly.

Creation of Conscious Fear

Imagine yourself sitting in a therapist's office listening to the positive advice being offered. Throughout life you, like all people, have accepted some degree of fear guilt and low self-esteem. The therapist says to you, "You are very attractive, you are very intelligent, you can do anything you want with your life." As the therapist speaks, notice how the negative, analytical functions of your conscious mind immediately analyze and then reject some of what has been said.

Anxiety stems from fear, some examples:

1. Taking on the fears/anxiety of parents
 - A. Intra-utero
 1. Mother's general anxiety of her own
 2. Her fear of giving birth/having pain
 3. Her fear of not enough/can't afford this baby worry
 4. Her fear of husband's rejection if wrong sex
 - B. Birth trauma
 1. Fear of pain or death
 - C. Actual traumatic experiences
 1. Being locked in closets
 2. Sexual abuse, not being believed or protected
 3. Physical abuse, not being protected
 - D. Repeated fearful thinking (learned)
 1. Repetitive/obsessive worrying
 2. Focusing on the negative
2. Abandonment
 - A. Actual abandonment or separation
 1. Divorce
 2. One parent leaving
 - B. Emotional withdrawal
 1. Rejection at a certain age - puberty
 2. Rejection for being a certain sex
 3. Rejection at age when parent was abusive
 4. Rejection for reminding of hated spouse
 5. Death of a close person
3. Threatened abandonment
 - A. Parents fighting, threatening divorce
 - B. Using the threat of "foster home" as punishment
 - C. "You'll be the death of me yet"
 - D. Threatening to send a sibling away

Cultural Influences Toward Consciously Created Fear

Worldwide, women and children have been taught that assertive behavior is the province of the adult male. Throughout history it has been difficult for the haves to acknowledge the human rights of the have-nots. Examples of this are the union struggles of the first half of this century and the civil rights struggles of the 1960's.

Family organizations often are based on these aggressive-passive patterns of behavior. How many times have children heard, "don't do as I do, do as I say." Schools are an arena of society where assertiveness and individual responsiveness are certainly not taught nor tolerated.

Occupations often foster negative behavior patterns. These are inevitably messages to employees that they had better not do anything to rock the boat and that the boss is above and all others are below.

Religions instill the qualities of humility, self-denial and self sacrifice. Standing up for self is seen as having a negative quality to it.

Political institutions do little to ensure the expression of assertive behavior by individuals. Most often people have to act aggressively to get any help. It is commonly accepted that the squeaky wheel gets the oil.

Society tends to evaluate people on scales that make some people seem better than others, perpetuating the aggressive-passive behavior patterns.

Some examples are:

- Adults are better than children
- Winners are better than losers
- Bosses are better than employees
- Men are better than women
- Whites are better than blacks
- Physicians are better than plumbers
- Teachers are better than students
- The wealthy are better than the rest
- Generals are better than privates
- Government leaders are better than those who elected them

The list goes on and the result is perpetuation and institutionalization of negative interactive human behaviors. Society has been so successful in limiting behaviors that people often feel badly for standing up for themselves. People often end up with a poor sense of personal worth and they respond with denial and passive behaviors, or they overcompensate by acting out aggressive behaviors.

An Overview of the Subconscious and Conscious Minds

Behavior will follow from the mind's hidden unconscious feelings and beliefs. The mind and body are behaving perfectly according to genetic coding and early messages.

The subconscious mind is always trying to help. It has a positive intention. We have two basic drives, to avoid pain (fear and anxiety) and to gain pleasure. Our biggest need is for security, according to what that means to each of us.

Deep within each person is an inner healer that knows exactly what the next step is for healing.

Conflicting values and beliefs cause mental pain and suffering and the immune system wears out. This may be one of the largest sources of disease.

A person will continue a behavior that gives them power or self-esteem to the gates death or insanity. Behavior always counters a strong negative feeling and belief about themselves. It is an adaptation not to feel the painful rejection, hurt, etc.

When vulnerable and in confusion, ideas can go into a person's unconscious and "stick," causing years of inner conflict and self-destructive defenses which cause more inner conflict. An example is the person who needs to overeat to feel safe and yet hates their fat.

When in stressful situations, we regress. We regress to the arrested stage of development and act out of this less resourceful space. The goal is to give that younger part resources and the permission to grow up.

Love really does heal all things! When a person feels loved and accepted for who they are, they can feel safe enough to change.

Those who can live within their own inner integrity and truth, which is different for everyone, will grow, flourish and become what they were meant to be. They can let others have their own truth.

Superconscious mind

In spiritual literature referred to as God, or Universal Mind, is the Source of all power, all knowledge, all love, peace, it knows of no time, nor space, it has no limitations.

Superconscious mind is omnipresent, ONE MIND expressing through all, and each human mind is only an individualized center of consciousness of this ONE MIND. Contrary to the popular opinion, your mind is not in your body; your body is in your mind.

Subconscious mind

In spiritual literature referred to as soul, is the repository of your previous learnings and experiences, of your beliefs about the world. It is the storehouse of all your thoughts and feelings, which together release a VIBRATION. In turn, this VIBRATION through the LAW of RESONANCE attracts into your experience everything that resonates with your beliefs.

Collective Unconscious

In psychology, a shared pool of memories, ideas, modes of thought, and so on, which, according to the Swiss psychiatrist Carl Jung, comes from the life experience of one's ancestors, indeed from the entire human race. It coexists with the personal [unconscious](#), which contains the material of individual experience, and may be regarded as an immense depository of ancient wisdom.

Primal experiences are represented in the collective unconscious by archetypes, symbolic pictures, or personifications that appear in dreams and are the common element in myths, fairy tales, and the literature of the world's religions. Examples include the serpent, the sphinx, the Great Mother, the anima (representing the nature of woman), and the mandala (representing balanced wholeness, human or divine).

Unconscious

In psychoanalysis, a part of the personality of which the individual is unaware, and which contains impulses or urges that are held back, or repressed, from conscious awareness.

The Superconscious Mind

The superconscious mind is a very touchy subject. It's technically, not even *in* the mind, but we all have mental access to it, so it is considered part of the mind. In the superconscious, we are all connected to each other and everything else.

This is where creativity and intuition come from.

The power of the superconscious mind has been hinted at in all major (and minor) world religions. But, it wasn't until recently that science started to take notice also, with a device known as the [Random Event Generator](#), or REG, for short.

The best way I have heard the superconscious mind described, is from a story told by Deepak Chopra...

A doctor is doing research on the human brain, by activating certain parts of the brain through sensors. He has these sensors attached to a woman's brain. He activates part of the part of the motor cortex, and the woman's arm moves up.

He says, "What's happening?" and she replies, "My arm is moving up."

He says, "Are you making your arm move up?"

"No" the woman replies.

So he says, "Why don't you make your arm move left or right?"

And she did.

What's intriguing is this...

We know that the motor cortex executes the command, but when the woman chose to move her arm right or left, where is the part of the brain that gave the command to move her arm? Where is the part of the brain that made the actual choice?

No one has found it.

Scientists have looked in every part of the brain and the rest of the body, yet they cannot find "the commander", the awareness, or consciousness. It is nowhere to be found.

This is the superconscious mind.

You can learn more about this in Deepak Chopra's [*Escaping the Intellect*](#)

Using the superconscious mind, you have the power to **achieve anything you want.**

Everything we call luck, coincidence, or synchronicity is the superconscious mind.

And when you learn how to tap into this power and let it work for you, the sky's the limit.