

Lesson 13: Understanding the Power of Our Subconscious Minds

In the past twelve lessons we have covered a great deal of information designed to help us understand the nature of our reality. We have explored the matters of happiness, when things go wrong, overcoming cause and effect, core beliefs, possibilities and probabilities, the problems with 3rd dimension, shifting conscious awareness, entanglement, the physiology of emotions, the pitfalls of deceptive perception, chance, destiny and coincidence, and finally thought energy and manifestation.

In this lesson we would like to present a very important matter which is to discuss the distinct differences between the conscious mind and the subconscious mind. The reason for this discussion is that we must also have an understanding of how our conscious minds can be completely oblivious to what is being or has been programmed into our subconscious minds that we habitually react to time and time again. When we explore consciousness beneath the surface level of our awareness we find that the subconscious mind is subjective to many things we are not even aware of which has a great impact on our day to day experiences. We will take a close look at the affects our thinking, believing and perceiving have on our subconscious minds. We will also explore how what we hold in our subconscious minds manifests in our reality on all levels including our physical bodies.

I will be drawing on resources that will serve to accomplish a thorough exploration of how the conscious and subconscious mind works either for us or against us. Of course there are limitations in how much information I can squeeze into a lesson but nonetheless I will elaborate on those points that will be most beneficial to the reader. The journey into this discussion will begin with an overview of how consciousness on both levels has been defined by those who were very instrumental in paving the way toward this knowledge.

Our exploration begins with the famous Swiss psychologists, Carl Jung, who influenced the approach to psychology by understanding the psyche through dream interpretation, art, mythology, world religion and philosophy. Jung was also an advocate of Eastern and Western philosophy, alchemy, astrology, sociology, literature and the arts. In previous lessons I have discussed two of his contributions in regard to archetypes which we will explore in more detail in an upcoming lesson as well as the matter of synchronicity which was discussed in lesson eleven. Today we are going to take you on an exploration of what Jung coined the 'collective unconscious' so that you have an understanding of what this is composed of.

One of the most important reasons for understanding the nature of personal reality is to learn how to experience balance and harmony in our day to day lives which can only be achieved by looking into what lies below the surface which includes a clear and precise understanding of what limiting thoughts, disabling beliefs and deceptive perceptions we

unknowingly program in our subconscious minds. This kind of investigation requires the interjection of spirituality because we are not a species that is in some way separate from our spirituality. Now when I speak of spirituality I am not speaking to any form of organized religion, its dogmas, doctrines and creeds. This level of spirituality is the essence of who we are with or without a physical body. It is who we are from within, not who we become on the exterior as we strive to take on the expectations of our society to the point that we actually forget who we are on the inside.

When unfortunate things happen to us we look around to see who or where we should point our fingers of blame not realizing that we did, in fact, create our realities such as they are. But when we integrate spirituality into our day to day lives the outcome is much different in terms of what we experience because once we understand ourselves from the inside out we are not quite so willing to put ourselves in harm's way.

We begin to see that our physical bodies are truly the temple of our spiritual selves and that this temple must be cared for adequately. This kind of spiritual integration is very beneficial, unlike some religions; it is not brought into our conscious awareness via a mandated fire and brimstone mentality that is based on false guilt or shame to bear upon our shoulders in a life doomed to be spent in hell but is brought into our awareness for the purpose of helping us remember who we really are – to see the bigger picture. The only hell one should ever expect to experience is the life we create for ourselves as the direct result of the choices we make and then act on. Poor choices and bad decisions will ultimately return a hellish life experience because that is just how cause and effect works all across the board. The law of cause and effect is not a dictum handed down by an unmerciful God but rather is a natural law of order in the universe.

Life itself is an experience, a kind of learning lab if you will which positions us to have a more meaningful experience when we are not bound to the affects of negative cause and effect through our own actions and reactions whether consciously or unconsciously. Jung understood that life truly does have a spiritual purpose beyond the acquisitions of material or monetary goals. Each of us has a greater and more meaningful purpose to fulfill which is innate within us because it is the underlying reason why we choose to have a physical experience.

In the second book I am working on, *The Odyssey of Self-Discovery*, I describe what success really is, what it should mean to us and how we can achieve it once we understand what we really should be pursuing; that is for the right reasons which makes a world of difference in what we achieve or do not achieve. I anticipate this topic as a future lesson primarily to bring this matter to the reader's awareness even though I will not be able to address it fully in the space of a lesson.

A journey of self-discovery becomes a journey of transformation when an individual is willing to step outside of what is customary to their experiences. It means taking a long

hard look at what is going on internally in order to see the effects it is producing externally. Often when we choose to embark on such a journey we find that we may meet up with those aspects of ourselves that are not what we thought all along and the transformation can be a grueling endeavor. I do not say this to frighten anyone away from such a journey but rather I say this to forewarn you that you might not like what you see underneath the surface. Nonetheless if you stick it out and see the journey through you will not just find the answers you are seeking but you will also benefit from the effects of being restored to a place of inner peace, balance and harmony that will manifest externally in a very positive way.

Having established a basis for this discussion let us begin exploring Jung's collective unconscious. When he coined the term he was implying that the unconscious was not merely a data bank of past experiences or repressed emotions and desires as his peer Freud believed but that the unconscious was also the seat of creativity, via archetypal images, ideas, dreams and visions – a kind of built in communication system between the spiritual man and the physical man as was my archetypal image of a dragon of drama. Imagine if you will not having the ability to experience dreams, visions and ideas. There would be no means of realizing our dreams and achieving our goals because such things exist in the unconscious, in the spirit of the individual. What exists on the spiritual plane is manifested on the physical plane and is fully experienced in third dimension as an objective reality (see the Why 3D page here on the website). Therefore, Jung understood that everything contained below the level of conscious awareness was a 'collective' pool of inner resources waiting to be explored.

When we talk about the importance of a healthy mind we must first find out what is creating any mental or emotional obstacles that are hindering us from experiencing peace of mind, balance and harmony. In other words we must examine what we have inflicted upon ourselves through the actions of our conscious and unconscious thoughts, beliefs and perceptions so that we can experience individuation that is purposeful and meaningful, lending something for the good of mankind as opposed to selfish and greedy gains. Incidentally such thoughtless gains are the result of limiting thoughts, disabling beliefs and deceptive perceptions in lieu of trusting that one can experience material and/or monetary desires without stepping on anyone's toes.

As we strive to understand the nature of our personal reality we must consider that the experience of physical life is truly a dance of duality which in itself creates for us a means with which to reconcile our inner selves with our external selves through enlightenment, thus, restoring balance and harmony. This is so simply because everything in life has its polar opposite so what has been done can also be undone by an alteration or a complete change of conscious and unconscious thinking, believing and perceiving that includes our feelings and emotions. People have a tendency to believe that past events cannot be changed, that they are what they are but this is not entirely

true because when you change your perceptions about past circumstances you actually change the event which changes your present and your future experiences that are tied to those past events. It's all a matter of how you choose to view your past experiences.

The means to change past, present and future experiences rests on what the spiritual entity Seth, as channeled through Jane Roberts, referred to as your point of power which is in the present tense. What Seth meant is that you have a point of power right here and now to begin to affect a change in your life experiences by allowing what is held in your subconscious mind to be revealed into your conscious awareness. Eckert Tolle, spiritual teacher and world-renowned author describes the ability to change the course of our life experiences through what he termed the Power of Now which encourages a transformation of our conscious awareness via a spiritual awakening that can occur right here and now in this moment and time. Such an awakening does require an attitude of willingness on the part of the individual who truly desires to experience a transformation of this nature. Many other well noted authorities that span the borders of spirituality and metaphysics have discovered the secret to this kind of transformation which includes scientists working in the field of biomedicine such as Dr. Candace Pert who discovered that opiate receptor (see lesson 9) as well as Dr. Bruce Lipton who wrote *The Biology of Belief*.

The man most famous for having established what is called the Science of Mind, also known as the Science of Spiritual Psychology which is the psychology I hold a doctorate degree in, is Ernest Holmes (c. 1887-1960), founder of the worldwide Religious Science movement. In his book, *The Science of Mind*, Holmes describes every aspect of the conscious and unconscious mind and how the subconscious mind becomes subservient to the conscious mind. Part One of his book is entitled *The Nature of Being*. If you have followed all the lessons thus far you would know that I have often made reference to what is called Being as being which simply means that we are Beings who are being in a three dimensional environment having an objective experience. Unfortunately the lack of not knowing the right information can cause us to have some very unpleasant experiences, therefore, the nature of our Being as being is greatly challenged, hindered and even suppressed.

When we come into our physical experience we consciously or unconsciously direct the flow of cosmic energy that comes forth with us into the material world. We guide the course of our own lives of which we reap the benefits of in a positive manner or we experience a life filled with hardships that includes mental, emotional, spiritual and physical manifestations. Through the power of our conscious and subconscious minds we have the ability to enhance our experiences, to realize and manifest what is innate within us or to erect mental, emotional, and spiritual fences around us - the choice is always ours.

When we describe consciousness we are defining two distinct orders of operation. Conscious awareness is an objective state of mind that affords us the opportunity to experience what we bring into our reality on the physical plane. The subconscious mind is subjective and is therefore set in motion by the objective state of mind. The subconscious mind is creative by nature just as much as it is obedient to our thoughts, beliefs and perceptions. The subconscious mind acts in accordance with our conscious intended thought which is why we say “thoughts become things.” The subconscious mind is the mental law of our being so whatever we program into that part of our mind is what we can expect to experience simply because we have instructed it to do via the blueprints we design from our thoughts and beliefs. Our subconscious mind works out the will and purpose of our conscious intended thoughts, however, the story does not end here.

Our subconscious mind connects to what is known as a Universal Subjective Mind which is a very creative mind, often thought of as the Mind of God or the attributes of the Universe. Thus, our subconscious mind coheres with other like mindedness also on a universal level. Quantum physics calls this cohering entanglement. This cohering or entanglement is also subjective to the universal natural laws of operation such as cause and effect and attraction. This is why it is imperative that you never foolishly believe you are a separate and distinct individual having an isolated physical experience. What you are having is a collective experience with every other living soul at any given time. The only difference is that you are having your individual objective experience just as others are having theirs too but ultimately everyone is sharing in their experiences on vibrational frequencies which is why like will always attract like. Everyone collectively speaking is cohering with each other’s thoughts and experiences on a vibrational frequency so what affects one really does affect everyone in some way on all frequencies as the result of the natural universal laws of operation.

You maintain your own individuality but only up to a point because how you choose to experience your life lies right within the boundaries of every natural law. This means that you draw from life exactly the measure of what you put into it so if you have been living a life full of difficulties you can be sure it is not the fault of anyone else but yourself because every circumstance and event you have ever experienced that was negative can be traced back to its root cause even if that means tracing it back to prior life experiences, aka, karma through hypnosis. The good news is that through your point of power in the now you can alter or change undesirable experiences no matter where on the path of life you are; it is never too late to initiate a positive change.

Many people think that they need to be healed of their mental, emotional or physical afflictions by a sage, shaman or other healers and healing methods but the truth is that you can affect healing through intelligent use of the laws of the universe which are always in operation returning to you the exact measure of your intended thought. That

is not to say that such healing endeavors cannot produce the desired result because they can but only with the right mental attitude. However, many people are often disappointed when they realize that they have not been healed or that the symptoms reappear. There are underlying reasons for the lack of healing or consistent healing which we will address in another upcoming lesson.

Every human being is designed to be a representation of universal perfection whether you choose to think of this perfection as a Divine emulation of God or as a Source of energy. Therefore, it stands to reason that if this natural state of perfection has been imposed upon by disease, poverty and a host of restricting and limiting inflictions it is not the fault of the universe, God or any other concept you might hold as your truth but rather it is the fault of the owner misusing the forces and laws of nature through mistrust, greed and simply not employing what is called 'right thinking.'

Negative thinking through intended thoughts, feelings, emotions, beliefs and perceptions programmed into the subconscious mind cannot possibly return a rewarding experience. This can only be achieved by positive thinking that is at the core of the individual's belief structure. In other words you cannot fake your way to positive thinking. This is why people so often complain that the law of attraction is not working for them. Oh, it's working just not on their behalf because they are trying to affect external positive changes without making positive internal changes; consequently the desired results are canceled out.

Business mogul and entrepreneur Donald Trump understands well the fundamental principles of the science of mind whether he recognizes them as such or just abides by their principles. In his book, *Think Like a Champion*, Trump speaks to positive thinking as something that must be persistently pursued, that things just don't happen overnight but that through the power of persistence you can develop positive thinking and make positive thinking work for you instead of working against you. Positive stamina is a necessary ingredient which is all the more reason why you need to investigate what lies beneath the surface of your conscious mind that is contrary to your belief structure in order to enable positive thoughts to work on your behalf. Nothing in life is ever superficial; everything carries its own weight and produces results one way or another.

In all cases thought is a creative force that is not to be taken lightly. Whatever you choose to give creative thought too will indeed become the reality you will experience without a doubt. The more you understand what is going on behind the scenes of your own being and the relationship to natural law the better will be your experiences; the more you will realize your dreams and achieve your goals because you will have learned how to remove all the underlying obstacles. When you give intended thought to anything that is backed by your feelings, emotions and beliefs you are actually painting an artistic rendition of your inner self on the canvas of your subconscious mind which

acts on that picture in precise obedience. Because your subconscious mind is subjective to your creative thoughts you will experience every bit of the art you paint on your canvas. Another way to state it is that the mold you pour from your thoughts will set and that will become your experience. Unfortunately, ignorance of universal laws of the subconscious mind is not bliss and you do have an obligation to yourself to come to terms with the nature of your own reality.

We often hear the adage, “ a house divided against itself cannot stand” which speaks volumes in the context of this lesson because if what you desire to experience in your life is in direct contrast to your own belief structure your house will not stand against the weight of the contradiction. The only way to remove the obstructions of contradiction is to alter or completely change your own belief structures which in turn will affect how you think but you will need to know what your belief structure is which requires some degree of self-examination.

As we bring this lesson to a close I would like to present to you a quote that exemplifies the nature of personal reality in how our thoughts, beliefs and perceptions form our experiences which of course all stems from what we program into our subconscious minds. I truly hope that the exploration of our conscious and subconscious minds has heightened your awareness about the nature of your own personal reality.

Thank you,

Linda & Z

Reality is what we take to be true.

What we take to be true is what we believe.

What we believe is based upon our perceptions.

What we perceive depends upon what we look for.

What we look for depends upon what we think.

What we think depends upon what we perceive.

What we perceive determines what we believe.

What we believe determines what we take to be true.

What we take to be true is our reality.

Gary Zukav

Resources:

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Jung, Carl. www.crystalinks.com/jung.html.

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