

Lesson 21: The Higher Mind vs the Ego Mind

In the past twenty lessons I have taken those of you who have been following the weekly lessons on a spiritual/metaphysical journey designed to awaken your conscious awareness. You may think that I am teaching you something you do not know about on the surface but the truth is that I merely working to awaken that which you already know innately. My goal is to bring into your conscious awareness that which comes from your Higher Mind rather than what you are accustomed to that comes from your ego-mind. Before I can accomplish this goal I need to first remind you that you have a Higher Mind as well as an ego-mind and that you have the capability within you to tap into the spiritual resources available to you from on a much higher plane than what your ego-mind is capable of.

I wrote and published an article on the website in which I described for you the reasons why we experience what is called a 'third dimension' or 3D life experience on the physical plane. If you have not read this article (Why 3D?), I would really like to encourage you to do so because it ties in perfectly with this lesson. When I wrote the article I said then that I would devote a lesson to the subject of the Higher Mind and the ego-mind which has now unfolded.

When I first embarked on my journey of self-discovery I purchased the book, Ask and It Is Given written by Ester and Jerry Hicks with the teachings of Abraham. Some of you may be familiar with this and/or some of the other Hicks books. For those of you who are not I will just say to you briefly that Abraham is the spirit guide who teaches the fundamental principles of physical life and spirituality through Ester Hicks just as Z teaches these same principles through me. It was in this book that I first learned how it is that we already know everything we need to know but that we have forgotten through the process of our evolution in which we as beings in the flesh have actually regressed. I would like to quote what Abraham had to say about our forgetfulness because it really opened my eyes to something I too was not aware of at the time. This is very powerful so please do not be surprised if you feel a strong spiritual pull come from within.

So, you came forth into this wonderful body, remembering the joyous, powerful nature that is you, knowing that you would always remember the splendor of the Source from which you came, and knowing that you could never lose your connection to that Source.

So now, here we are, helping you remember that no matter how you may feel right now, you cannot lose your connection to that Source.

We are here to help you remember the powerful nature that is you, and to assist you in returning to that confident, joyful, always-looking-for-something-else-wonderful-to-turn-your-attention-to person that is you.

Since we know who you are, we will easily help you remember who you are.

Since we are where you came from, we will easily remind you of where you have come from.

Since we know what you desire, we will easily guide you to help yourself to that which you desire (pg 9).

So you see now that you do have an unconscious remembrance of who you are and where you come from but that you just needed a reminder. So many people are honestly of the belief that after they die there is no more to life; that life becomes extinct after the physical death; that the existence of life is temporal and only bound to physicality. This is so not true! We are all here as a collective consciousness of the Source to experience, to learn and to evolve both as individuals and collective beings of the same Consciousness of Source and to eventually return to the Source. We are all here to help one another through the journey of physical life just as we are there for each other in other life forms in other realms and on other planes of existence. To think less is to limit yourself to all the possibilities that are within your reach through your Higher Mind. It is the limitation of the ego-mind that holds you back from exploring and expressing unlimited possibilities that can and will become your own 'likely to occur' probabilities. This is one of the reasons why guides and masters whether they are from the non-physical planes or are living guides here on earth are so opposed to the practice of Divination (fortune telling). Your journey is just that – yours and no one has the right to interfere with the choices and decisions you will make all throughout the course of your life. It is your life and you have chosen to have your physical existence such as you have and so you have the right to experience your life without the interference of any physical or non-physical guide. They are here only to assist you and guide you but never to interfere or impose on your free will.

Now that I have told you that you do have an unconscious remembrance I will begin to explain how that is from your Higher Mind as opposed to your ego-mind. I will begin by first defining your Higher Mind given that most people do not know they have a Higher Mind let alone how to tap into it. If you have been following the weekly lessons thus far you will begin to see in this lesson how I have been laying out the groundwork for this discussion all along by bringing to your conscious awareness many things you did not know about or had forgotten about. If you found that the lessons resonated with you it is because your Higher Mind was attuned to what you were reading. The same principle will follow suit in this lesson as well.

There are many ways to recognize your Higher Mind that is often in accordance with your spiritual or religious beliefs but you may not have realized that they are one and the same. The Higher Mind is often described as your God-Mind, your Spiritual Mind or your Higher Consciousness – your True Selfhood; the essence of who you really are. You see there is a distinct difference in your human self as opposed to your spiritual self. People tend to think of their spiritual selves as actually being a spirit that is void of any form. This is not true. You are an entity that has a form, a God-like substance that emulates all that you see around you. Nature is a perfect reflection of that God-like

substance which is comprised of matter and consciousness as well as an innate knowing. You possess these same exact characteristics. Another way to present this concept to you is that although everything that exists has some degree of consciousness because it is a living organism, everything possesses spiritual attributes. We often describe the spirit of something when we talk about the spirit of our nation or our people who make up our nation. In war-time we speak about having a unified or a collective spirit. Even in our beloved sports we express ourselves as having a team spirit. In this respect the word 'spirit' becomes more of an adjective than it does a noun. Spirit describes the essence of who we are regardless of what realm or plane we are experiencing. We also talk about the spirit of God, our Higher Power or however we understand Source. In Christianity we talk about the Holy Spirit which is the spiritual attributes of the Source of Creation. In this same respect the Holy Spirit describes the essence of the Source. So when you commune with your perception of Source you are doing so through your Higher Mind. In other words you are elevated above your ego-mind which does not comprehend spirit above the lower plane.

Your ego-mind is necessary to your survival here on the physical plane. It provides you with the survival skills you need to manage the daily affairs of physical life, however, the ego-mind throws up psychic barriers when it comes to the non-physical attributes that we need to maintain a sense of balance and harmony. If all we had to rely on throughout the course of life was our ego-mind we would be very unbalanced and would suffer at the hands of disharmony without the balance and harmony of the Higher Mind. This is self-evident when you look at your own personal circumstances as well as that of the world at large. The lack of balance and disharmony that exists and has always existed on the human plane prevails as it does because we are consciously disconnected from the Source although we are never really disconnected but it feels like we are. It's just that we have lost or misplaced our awareness. This is because as a race we have come to rely predominantly on our sensory perceptions rather than our Higher Minds. As we saw earlier we need only to remember that our ties to who we are and where we come from are right there for the asking through our Higher Mind.

More and more people today are tapping into their Higher Minds through the practices of meditation, yoga and OBE's (out of body experiences) as well as communicating with various guides and masters from the non-physical planes just as I do with Z, the Collective We and many others. Once you open up this channel of communication there really is no limit to what you can know and experience beyond the physical plane if you so choose. Now your ego-mind will stand in complete opposition to such higher means of communication at first because this lower mind feels threatened by the Higher Mind. As we begin to employ our Higher Minds the ego-mind counter attacks with unlimited arrows of negativity trying hard to convince us that we are wasting our time and that we are going to fail anyway. The ego-mind is prone to flinging out derogatory remarks on the fly because it has a very limited appreciation of its own abilities when you take into

consideration that the ego-mind is limited in how it functions which of course is completely dependent on the sensory and sensual perceptions, feelings and emotions.

Julia Cameron best describes how the ego-mind reacts to such threats in her book, *The Artist Way*. Julia refers to this counter attack from the ego-mind as the Censor or the house critic who lives inside of our heads and wreaks havoc on us in every manner of speaking. Julia describes it like this: "...the Censor, who resides in our (left) brain and keeps up a constant stream of subversive remarks that are often disguised as the truth" (pg 11). The reason why these remarks are disguised as the truth is because the ego-mind feels very threatened as if its own survival is at risk until it learns that it really is in no danger. Once the ego-mind accepts this it will begin to harmonize with the Higher Mind while performing its own tasks as it serves its own earthly purpose. The ego-mind can then allow inspiration to flow in from the Higher Mind without feeling threatened.

The most important point I need to emphasize is that this is a process and not an overnight success. Your ego-mind will not lay down its bow and arrows easily. It will try as hard as it can to defeat you in every possible way before it ever succumbs to its own defeat. Even then it will attempt to overthrow inspired creativity from your Higher Mind by telling you rather forcefully that you are a fool to believe you are good enough, smart enough, worthy enough or educated enough to take action on your inspirations, to realize your dreams and achieve your goals without failing. When you consciously endeavor to make positive changes in your life in any manner of speaking you can expect resistance from your ego-mind simply because it is accustomed to being in control and is not willing to relinquish that control easily. Your ego-mind needs time to adjust to the winds of change and even then it will balk from time to time.

There are some characteristics of the ego-mind that are necessary to bring to your awareness which is that this mind is only temporary. It can be described as your temporary self that allows you to experience third dimension through your sensory perceptions, i.e. sight, smell, hearing, taste and touch whereas your Higher Mind is eternal because you are an eternal being. Your ego-mind is environmentally conditioned and becomes the driving force behind the choices and decisions you make in your life in accordance with how you program your subconscious mind. Your ego-mind is responsible for your behaviors, your mental attitudes, your habitual manner of thinking and your perceptions.

In contrast the Higher Mind is how you receive your inspiration that comes to you in the way of your dreams, visions and your goals. Every lesson I write comes to me from my Higher Mind as well as all the other writing or anything creative I do. I have learned over the years to intuitively trust in the guidance of my Higher Mind because I know from enough experience that my Higher Mind will never lead me astray. I have learned how to be mindful so as to not allow my ego-mind any sway regardless of its external

source. But it does not mean that every now and then my ego-driven mind tries to trip me up by insinuating something that is not factual in an attempt to undermine a desired endeavor. Because I know what is going on I do not fall prey to the disabling and defeating methodologies of my ego-mind which always delights in wanting to undermine me if I allowed it to sway me that way, thus was the basis for my dragon of drama. When you reach this level of understanding you will be in a position to stand down your ego-mind and stop it dead in its tracks but getting here takes some practice. Once you get here you will always know the difference between the two because inspired thought and creativity streams in from your Higher Mind as does unconditional love whereas things like fear, selfishness, self-centeredness, greed and lack all originate in the ego-mind. Everything that has a negative connotation comes straight from the ego-mind and everything that comes from the Higher Mind will always be positive and loving in nature.

To position yourself to receive creative inspiration and having the benefit of intuitively knowing that you know is to constantly stay attuned to your Higher Mind. Now while you need your senses to experience your own environment and the world you live in you do not have to become a slave to your ego-mind. The more attuned you are to your Higher Mind the more positive will be your experiences. Jesus said, "I am come that they might have life, and that they might have it more abundantly" (John 10:10). To understand this passage is to recognize that the life Jesus was talking about is not just that you have a physical life but that you have an abundant life. This is the pure essence of religion that was once spiritually and metaphysically rooted. This is what we call the Will of God, the Will of the Creator, Infinite Intelligence, Source or whatever name you choose to recognize the infinite presence as the Mind of God. God leaves the business of making choices and decisions up to you to act on in accordance with your free will. It is this 'action' that sets in place the kind of karmic relationships and karmic experiences you will have along the way. The overlaying Will of God is that life should be abundant but to understand this you have to know the definition of the word abundant which is defined as plentiful, copious, profuse, over-sufficient and more than adequate. If you are not experiencing abundance in your life which incidentally is not necessarily measured in materialism or monetary value but is more so measured in terms of what is really important such as your happiness, health and well-being and the good of mankind then you are not attuned to your Higher Mind nor can you be receptive to the overlaying Will of God or that Universal Knowing what you do not know that is far better than what you know consciously speaking.

There have been many great classic written on the subject of abundance in terms of achieving success including today's successful entrepreneurs. Ironically they all tell the same story which is that the secret to achieving true success begins from within, that the attainment of true success is not an external affair but that it is an internal affair first and foremost. I don't want to elaborate any further on the subject of success because I

intend to address it in a future lesson so suffice it to say for the time being that abundance is your God-given right but it is not something that comes directly from the ego-mind. The ego-mind serves its purpose because it provides you with the talent and skills necessary to achieve that measure of desired success but it can also trip you up and steer you in the wrong direction which is something your Higher Mind will never do.

The beauty of being attuned to your Higher Mind is that you are never left to your own devices. From your Higher Mind you receive direction and guidance. There are and have been countless stories told of how something seemingly complex and complicated was worked out easily while a person was in a quiet or meditative state of mind. I worked out many complex issues in the wee hours of the morning when such direction and guidance flowed into my Higher Mind. The reason why so many people can attest to these kinds of experiences is because you cannot hear the voice of your Higher Mind amongst all the noise of everyday life or as Z likes to describe trying to think over the many scattered thoughts that can run through our ego-mind; trying to multi-think. So in order to tap into your Higher Mind you must remove yourself from your noisy environment so that still small voice, the voice of God, can speak to you in a quiet meditative state through your Higher Mind.

I want to be sure you understand the difference between your free will vs the Will of God. This is why I was certain to lay out over the course of two lessons the fundamentals of free will so that you got a real good feel for how your own free will operates on the physical plane and that sometimes your free will comes at a cost to you when you make choices and decisions that are not in your best interest or in the best interest of those who will be karmically involved. So when we talk about the Will of God, and again please feel free to insert whatever recognition suits you, we are not talking about a controlling dictatorship who treats us like puppets on a string but that we are talking about an Infinite Wisdom and Intelligence who desires for us to experience an abundant life in every sense of the word. Unfortunately too many of us have to experience some pretty difficult karmic lessons that we learn as we journey through our lives. It's just that ultimately there is a much better way to prevent the difficulties of life if we will attune our spiritual ears to hear the voice that speaks to us from our Higher Mind. It almost seems paradoxical when we consider how easy it is for us to be nudged along by our ego-mind which generally does not always serve us well as opposed to being intuitively guided by our Higher Mind which does serve us well each and every time.

At this point you may be inclined to question why the need for the ego-mind if the Higher Mind can guide us through the journey of life along a much easier path. The answer would be this: our Higher Mind guides us on the intuitive level and gives us inspirational and creative ideas but we need all five of our senses to make those ideas become a reality in third dimension. Our ego-mind provides us with the confidence and

courage we need to push forward once we have allowed our Higher Mind to guide us in the right direction. So from our ego-mind through our talents and skills we are able to turn that creativity into something tangible that benefits all of mankind. We achieve the same level of success by realizing our dreams which may not appear to be producing anything tangible when it comes to the relationships we desire but when you look at such desires for what they really represent you can see that they are actually tangible as well. When you are happy and balanced in your relationships you affect many people around you karmically speaking.

It is only when we attempt to succeed out of selfish desires, when we bring harm to others, when we step on others toes out of greed or an attitude of lack that we suffer needlessly at the hands of undesirable karmic cause and effect driven by the ego-mind. This is why it is so essential to understand the differences between the Higher Mind and the ego-mind. If you have been operating all this time through your ego-mind I am certain you have had many unpleasant experiences to contend with whereas had you been guided by your Higher Mind you would not have experienced any unpleasant experiences because these are contrary to the overlaying Will of God. As you look around you there is evidence everywhere of universal laws that constantly govern nature in a system of checks and balances; the harmony of the yin and yang. You cannot experience life without its polar opposites but you have the ability through your Higher Mind to bring harmony and balance; to bring those polar opposites together. Your life does not have to consist of personal dramas that play out in those undesirable circumstances and events you experience along your path of life. You are always free to make a choice to become attuned to your Higher Mind or to allow your ego-mind to drive you into places you really should not be in. Once you grasp the significance of relying on your Higher Mind you will circumvent those highs and lows and maintain balance and harmony between these polar opposites – that is the secret to achieving success.

So now, as I bring this lesson to a close I hope that I have provided you with an entirely new outlook or perhaps reminded you about something you already know innately but have forgotten. If you have any questions please do not hesitate to contact me. I would also like to take the opportunity to thank those of you who have contacted me and shared your experiences. I am truly blessed to be a part of your experiences.

Many Blessings,

Linda & Z

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Resources:

Ask and It Is Given. Hicks, Ester and Jerry (The Teachings of Abraham). 2004. Hay House: New York.

The Artist's Way. Julia Cameron. 1992. Jeremy P. Tarcher/Putnam: New York. 2002.