

States of Mind and Consciousness

First of all we should define the various states of consciousness:

The Conscious Mind:

The conscious aspect of our Mind is the small aspect of our Mind that we use during waking ours, in other words while we are aware, and is also known as the "Objective Mind".

It is with the conscious, objective Mind that we observe, make decisions, form desires, interact with our surroundings and other people, and simply consciously take "control" of our waking lives.

The conscious Mind is, in most people still very much driven by the demands of the ego, feeling the need to conform to the expectations of family, friends and society generally, and the constant quest for material things, usually reacting to the perceptions of the five physical senses.

There is a saying "seeing is believing" which summarizes the attitude of many. Our objective therefore is to arrive at the absolute knowing that in fact this saying should be reversed to "believing is seeing", thereby finally recognizing the true way in which reality is created, thereby understanding the true role of the conscious Mind, not in actually shaping our reality, which is the proper domain of the Subconscious Mind, but merely rather to facilitate our survival within the reality we create with our thoughts through our conscious, objective Mind

The Subconscious Mind:

Also known as the "Subjective Mind" is that aspect of our Mind that is most intimately connected with the Universal Mind, and is therefore infinitely powerful, having full access to every aspect of the Universal Mind.

The Subconscious, Subjective Mind never makes decisions, never argues controversially, and never goes against the wishes of the conscious Mind. Whatever the conscious Mind impresses upon the Subconscious Mind, whether consciously or unconsciously, the Subconscious Mind will immediately proceed to carry out without question, either directly upon the physical body in the case of healing and health, or through the Universal Mind in the case of manifestation by The Law of Attraction.

This is crucially important to understand both from the point of view of always being conscious of our thoughts, and in particular for creating only the reality we

wish for, need and desire, all of which are discussed at great length within Our Silent Subliminal Organization:

<http://www.silentsubliminal.org>

The Universal Mind:

The Universal Mind, The Mind of The Source, The First Cause, the Mind of God, is the Ultimate Mind in which everything in the Universe has its Being. Everything in creation exists as a "thought form" within the Infinite Universal Mind.

Because everything in the Universe is One and therefore intimately connected through and with the Universal Mind, Our Subconscious Mind, which is therefore intimately connected to the Universal Mind can easily manifest all of our wishes, need and desires, through this connectedness with everything that Is, including through the minds of other humans, through which our wishes are manifested.

Things of humans are manifested through humans, and things of God are manifested through God. Everything in the Universe has its proper channels of creation, ultimately through Divine Providence, The Source, God.

Like the individual Mind, the Microcosm, the Universal Mind also has two fundamental aspects, "Objective" and "Subjective". It was the Universal Objective Mind, Who made the Conscious "decision" to bring the entire Universe in to Being in the beginning. As with humans, and all life, the vast majority of the Universal Mind is Subjective, so the individual Subjective Mind is an integral, inseparable and intimate aspect of the Universal Subjective Mind, through which relationship our thoughts become manifest, and subsequently consciously experienced through The Law of Attraction.

The Universal Conscious, Objective Mind Consciously creates the Universe, the Macrocosm, just as we, as humans, representing the Microcosm consciously create our own individual Universe, our reality. The medium through which these processes occur are the Individual and Universal, Subjective, Subconscious Minds, through which all Mind is connected and is an integral aspect.

The "Unconscious" Mind:

I would like to mention the "unconscious" Mind due to the fact it is very frequently confused with the "Subconscious" Mind, often in the context of hypnosis, hypnotherapy and associated professions.

The Conscious, Subconscious and Universal Minds are all very real, aspects of the one Ultimate Mind of which we are all an integral, inseparable aspect, collectively representing the one, true Mind.

The so called "unconscious Mind", a term which is often, and most erroneously used by people meaning the Subconscious Mind, in fact rather describes a state of conscious "awareness" as opposed to an aspect of Mind.

During waking ours we are "Conscious" and therefore "aware" whereas during sleeping hours we are "Unconscious" and therefore "unaware". Consequently there is no such entity as the "Unconscious" Mind.

The Conscious Mind can either be "aware" i.e. "conscious" or "unaware" i.e. "unconscious" but neither of these correctly applies to the Subconscious Mind which is neither "aware" or "unaware" but rather simply Is.

I hope this better describes various aspects of Mind and awareness.

Positive and negative Affirmations

Now every week I receive messages from people who are really suffering for one reason or another. When describing the issues they are facing they write in terms such as these:

"I never seem to have any money"
"I always seem to be suffering from ill health"
"Nobody seems to like me"
"I am slipping ever deeper in to debt"
"Life just doesn't seem worth living anymore"

These statements in fact reveal the extremely powerful affirmations passing through the Minds of these people, and because they are repeated with such emotion, and so faithfully believed to represent their true reality, they are impressed upon the Subconscious Mind in a very powerful way, ultimately assuring they will manifest into experience.

Just think for a minute how powerful the opposite of these thoughts would be, especially driven my the same level of emotion. In addition, positive thoughts have a much higher vibration, than their polar opposite negative thoughts, and are therefore exert a much more powerful impression on the Subconscious and consequently Universal Minds.

In principle it is much easier to consciously manifest wealth than it is to manifest debt. Yet because, in the case of debt, people are reacting to something they believe to be tangible, often fuelled by the powerful emotions of fear, worry and dread, as opposed to something perceived to be intangible, which in fact is the case, the emotion placed behind the negative situations are much greater.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.-- Matthew 7:8-9

The moment we "ask" for something it is immediately given and is every bit as real as the unwanted "things" that people focus on.

Imagine therefore if the same level of high vibration, positive emotion is channeled into the wanted things as the unwanted things. There would be nothing that you cannot be, do or have.

The missing ingredient, and by far the most powerful and important one for most people is Faith. Not "blind" faith in a religious context for example, or an abstract faith based upon dogma, but true Faith in the knowing, beyond all doubt, the truth of our own Divine, immortal, infinite Being, and God given powers of creation through the infinite powers of our Subconscious, Subjective Mind.

Now turning back to these negative statements I receive from people, and for whom of course I do everything I possibly can to help.

Never, ever, ever finish a negative thought or statement! I simply cannot stress this enough. A negative thought becomes a "seed" implanted in the fertile ground of your Subconscious, Subjective Mind where it will surely sprout and grow, fertilized by negative emotions until it bears poison fruit as a monster in your life.

By transmuting any negative thought in to a positive thought, only positive seeds will be sown, and, if fertilized by positive emotions, expectations and above all Faith, will soon become the things you most wish to experience in life instead of unwanted things.

So, taking these above negative statements received as an example - at the first sign of any such statement appearing in your Mind they should become:

"I always enjoy an abundance of money"

"I always enjoy perfect, radiant health"

"Everywhere I go, people enjoy my presence and wish to be my friend"

"Each and every day, more and more abundance flows in to my life"

"I look forward to the joyful experience of every new day"

And so on.

Always be vigilant for negative, destructive thoughts, and if one appears either cancel it by saying "cancel, cancel, cancel" as many times as necessary until the thought dissipates, or better still, transmute the thoughts in to their polar opposites as above.

Transmutation is an aspect of alchemy, which includes the transmutation of thoughts, and at its highest level, the transmutation of base human characteristics, representing base metals, in to the Gold of Divine perfection.

Again, Our Silent Subliminal Organization shows you how to achieve these abilities in great detail.

<http://www.silentsubliminal.org>

The sooner you start to practice Alchemy in your life, the sooner you will enjoy the Gold.