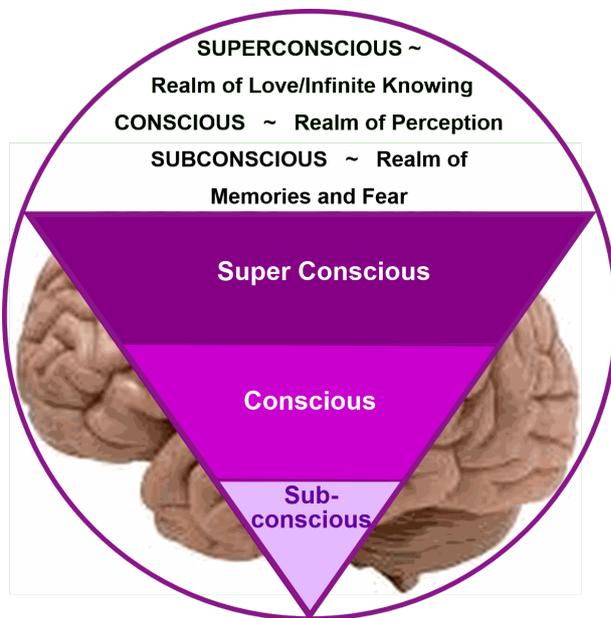


THREE MINDS

We are made up of three principal levels of mind: the subconscious, the conscious and the superconscious.

Each has its own particular purpose and each works with the other two to help us function.

The trinity of subconscious, conscious and superconscious works together in harmony with our mind, body and spirit.



Our ***superconscious mind*** connects in to the Universal Field of Consciousness, also known as Source, SPIRIT, God, All That Is and many other names depending on your culture and beliefs. It is here that we find all knowledge, wisdom, truth, Light and understanding. It is pure LOVE and at this level of consciousness we can only access truth.

The superconscious mind is also called higher self, intuition, inner wisdom or the aspect of Divinity

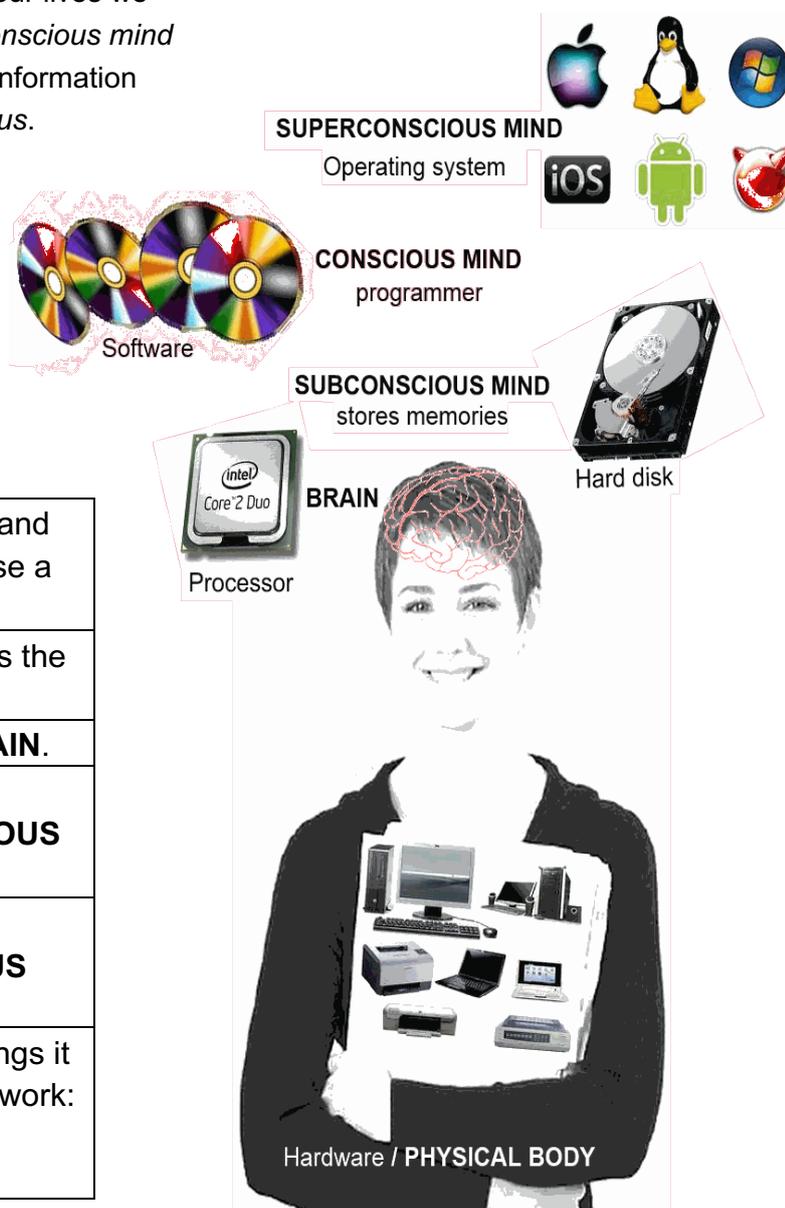
within us. For some, using the term “High Self” can engender a feeling that this aspect is separate from us - a little out of reach. If we truly understand that our superconscious mind is part of us, from which we can never be separated, then we can better understand the concept of Oneness with the Universe.

Our ***conscious mind*** works hard to make sense of what is going on around us and is our awareness in the present moment. It uses our five senses – sight, hearing, smell, taste and touch – to do this. It thinks, is rational, analytical, judgmental and responsible for our willpower and, following repeated action, is responsible for programming the subconscious. It has no long-term memory.

The **subconscious mind** stores everything that has gone before in our very many lifetimes - negative, positive, mental, emotional, physical and spiritual. It conditions our experiences since it learns from previous events and creates automatic protective responses. Usually we react depending on what has happened to us previously rather than making a new and purely conscious choice.

If our experiences have been negative, the unresolved energies from previous lifetimes, such as fear, resentment, anger, frustration, jealousy, shame, guilt, self-punishment, etc., may influence our behaviour in the present. On the other hand, recalling memories of joy and happiness may encourage us to face any potential hardships, overcome danger or respond better to loving relationships.

In order to create change in our lives we have to link in to our *superconscious mind* and *consciously* access the information stored within our *subconscious*.



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| It is quite easy to understand the levels of mind if we use a computer analogy: |
| The computer hardware is the PHYSICAL BODY . |
| The processor is the BRAIN . |
| The hard disk stores our memories: SUBCONSCIOUS MIND . |
| The software is the programmer: CONSCIOUS MIND . |
| The operating system brings it all together and makes it work: SUPERCONSCIOUS MIND/UNIVERSE . |