

Ascension Notes



Three States of Mind (Consciousness)

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I've pondered the nature of mind and consciousness off and on for a long time. A simple but valuable conclusion is that we access three distinct different states of mind. I'm not referring to encephalograph frequency readings of brainwave activity but rather simple experience.

I would call the three subconscious, conscious and super-conscious. Another set of terms might be reactive, active and receptive. Yet another set of terms might be animal, human and divine.

The unconscious, reactive, animal mind is manifesting that constant conversation you have in your head. Should you pay close attention you will discover that the origin is actually in a reflection of your gut-level emotions. That means the emotions are initiators of thought (mind) but most don't perceive that as they follow the running dialog in their heads. It has been aptly named 'roof brain chatter' by a psychologist with a sense of humor.

Our active minds are those that we direct. Learning, planning, envisioning and being a placeholder for ideas are some of the functions of the active mind. In this state we are taking control of a very powerful creative tool. A key element is focus of attention. That precedes acting by intention.

The superconscious is accessed in that receptive state when your mind is quiet and your heart opens. It is experienced as illumination or inspirations. After experiencing a fair number of inspirations, I realized that they arrived through the top of my head when my mind was quiet and my heart open. As inspiration filters through the active mind it reforms our mental rolodex of concepts into a new and enlightened pattern. It also leaves behind creative direction for us to act upon. Eureka!

So how to do that? First learn to quiet your mind and let your heart open. Second, wait for inspiration to strike. The receptive mind will always draw inspiration in time. I say in time for it seems that there is a 'critical space' achieved by inner quiet that needs to be achieved before inspiration strikes. That space accumulates over time. It doesn't necessarily happen all at once.

One more point to be aware of... all facets of mind are initiated by The Infinite Spirit and gifted from greater to lesser beings. So, when you receive inspiration be grateful. Someone gave it to you.