The center that I cannot find is known to my unconscious mind.
~ W. H. Auden
There is only ONE MIND - which, for the sake of convenience and understanding, we’ll divide, according to its functions, into: the conscious, subconscious and superconscious minds.

The term UNCONSCIOUS MIND is used to refer to both the subconscious and superconscious mind – in other words, for everything that is happening out of your conscious awareness.

The term CONSCIOUS MIND stands for whatever you are currently consciously aware of. If you are consciously aware of your left toe, you can say that it is in your conscious mind. When you are mentally preoccupied with other things and the intelligence of your body is taking care of your toe, you can say that your left toe is in your subconscious mind.

The more you’re able to connect with your unconscious mind, the more that you are able to bring to your conscious awareness, thereby increasing your consciousness, increasing choice, raising your vibration and empowering your life.

The term Superconscious Mind is the totality of all knowledge, information and power – called by various names: The Universal Mind, The Infinite Mind, The Universal Consciousness, Source, Divine Mind, Light, God Mind, or simply God.

The Superconscious mind is the omnipresent, ONE MIND expressing through ALL and each human mind is only an individualised center of consciousness of this ONE MIND.

Think of the superconscious mind as the mainframe computer that you can tap into in each NOW moment (your point of power). Call it universal mind, cosmic consciousness, infinite intelligence, It’s where we source our ideas and receive inspiration and life force energy from. It’s not something outside of ourselves, it is the core of our being.

It’s our divine blueprint, our higher self, our core essence. When we’re looking for answers it provides us with solutions and ideas that are outside of our own knowledge. It’s the source of all creativity. It’s the genius mind that Einstein, Mozart, Beethoven, Thomas Edison and countless others knew how to access. They trusted and believed in the value of their insights. Fear and doubt disconnects us from the power of this infinite intelligence.

Although most people don’t know how to listen and connect to this wisdom, it’s always there guiding and protecting you. It’s accessed through the present moment, through stillness, meditation, prayer, or time in nature. It’s accessed in moments of creativity.
when you allow the left analytical side of the brain to move aside to allow this energy to flow through you. The more you connect with this higher aspect of yourself, the more you learn how to rely on your own inner wisdom and intuition and gain the strength and courage to stand in your power and truth.

**Directives of the superconscious mind:**
- It functions best when the conscious mind is not mulling over problems, but rather focused on solving them and looking for solutions (energy flows where focus goes.)
- When the conscious mind is focused elsewhere, ideas will often flash into the mind.
- It speaks through synchronicity (seemingly unrelated events that bring the solution to us.)
- When you get an intuitive flash/idea act on it immediately (Divine timing). The more rapidly you act on these insights the more insights you receive.
- Because the unconscious mind communicates in pictures and metaphors, visualisation and imagining are powerful ways to engage in two-way communication.
- Any thought, plan, goal or idea held continuously in the conscious mind will get brought into our reality by the superconscious mind, whether positive or negative. Therefore it’s important to be conscious of what you’re focused on.

When you begin to identify yourself with the ALL, more and more of the attributes of your limitless Superconscious Self begin to express through you.

The superconscious mind is free from any limitations. We are all individual expressions of this source of creation. We’re the conductors bringing this intelligence into our earth reality.

Your individual self is like a drop of water. Your superconscious is like the ocean. To a drop of water it is impossible to push a boat on its own, but as part of an ocean anything can be accomplished. A drop of water, fully surrendered and merged with an ocean, doesn’t think of itself as a mere drop of water, it thinks and acts as the ocean.
The term **Subconscious mind** is an individual accumulation of knowledge through personal experience. Your subconscious mind contains all of your past programming – mental and emotional imprints from the past, your beliefs about yourself and the world around you.

Your subconscious is a storehouse of all your thoughts and feelings, which together release a VIBRATION. It is thought that this vibration, through the law of attraction and vibration, manifests in your experience everything that resonates with that vibration.

Your subconscious mind does not differentiate from your inner and outer reality and produces that which you feed it. Notice your thoughts and you will raise your consciousness as you begin to feed your subconscious mind with more empowering thoughts. When you feed your subconscious with disempowering thoughts such as “I am tired, I give up.’ The subconscious mind knows only to produce that within your reality.

The ideas that have been fixed in your unconscious mind through education, repetition or impact form your conditioning. Your self image resides there, your thinking process, the thoughts that you have during the day are governed by your belief system and values.

**Directives of the Subconscious Mind**
- It controls ±97% of our behavior
- It averages 10 billion actions per second
- It sees in pictures and patterns
- It doesn’t know the difference between the truth and a lie, it can’t process negatives
- It can’t tell real from imagined – whatever picture or image you send it, it believes it to be absolutely true
- It stores memories beliefs habits and generates your instincts
- It stores memories using the timeline
- It regenerates cells in your body, runs your heart and controls the immune system
- It takes everything personally... there is no one else but you.
• It represses memories with unresolved emotions and presents them for resolution when ready
• Runs the body. Has a blueprint of the body now and of perfect health
• Enjoys serving, needs clear orders to follow
• Generates, stores, distributes and transmits energy
• Maintains instincts and generates habits – needs repetition until a habit is installed
• Is programmed to continually seek more and more
• Functions best as a whole integrated unit, not as parts

MODEL OF THE WORLD

Model of the world implies that there are many ways to perceive reality and that there is no right way.
How we interpret the world is a collection of beliefs and values that are unique to each of us. Your model of the world is different to my model of the world purely because we interpret things differently and have different filters through which information is processed. We tend to interpret our current environment and events based on experiences that we have had in the past. We filter our actual experiences internally and we will interpret them as good or bad. These are stored as memories and the next time we are in a similar situation we will automatically bring back these memories and they will affect our experience.

You don’t perceive reality, but rather you project and create your reality. What you look for you see. Whatever is on your priority list is what you will receive back.
PSYCHO CYBERNETIC MECHANISM

It’s job is to keep you in your comfort zone, and triggers what may feel like anxiety fear and doubts to keep bringing you back. It’s job is to protect you and keep you safe, yet in order to grow we need to know when to override this system so that you keep increasing your comfort zone.

THE UNIVERSAL LAWS

Universal, or natural, laws have and will always exist since they determine the processes of creation, manifestation and management of the universe.

Nothing is made randomly. Everything is governed by perfect laws. Even though we may not understand or be familiar with them, we are permanently experiencing them and can verify their presence in all events manifested around us.

The main truths of these laws are they are unwavering and unchanging principles that rule the entire universe. They are viewed as guidelines that place us in the flow. Following these guidelines assists and enhances each part of our life; Physical, Mental, Emotional and Spiritual Growth.

Understanding and applying these laws allows us to live in harmony, where life becomes more effortless, bringing balance, well-being and prosperity.

1) The Law of Oneness:
This Law explains that everything in this world is connected to everything else. Anything we believe, think, do, or say affects the world and the universe around us.

2) Law of Energy or Vibration:
Everything in the universe is energy and vibrates. This law holds true in every aspect of life. Vibration is in the physical world, within our thoughts, feelings, desires, and dreams. Every vibrational frequency has a unique vibration.

3) The Law of Action:
Action brings results, manifesting different results, depending upon our thoughts, dreams, emotions, and words. Therefore, we must engage in actions that support those thoughts, dreams, emotions and words.

4) The Law of Correspondence:
This Law places us in the driver’s seat of our own life. Your outer world will be a direct reflection of your inner world. This law takes us out of the victim role making us the sole creator of our own life, taking full responsibility. Our outer world is nothing more than a reflection of our inner world – as within, so without, as above, so below. Our current reality is truly a mirror of what is going on inside us.
5) Law of Cause and Effect
This Law states that nothing happens by chance or outside the Universal Laws. For every action there is an equal and opposite reaction. You can’t be on the effect side without being on the cause side. We create everything in our lives and when we take responsibility for what we create we step out of victim mode and become empowered.

6) The Law of Compensation
This is an arm from Cause and Effect being applied to abundance and blessings that come into our lives. Compensation is the visible effect of our deeds; it can show up as gifts, money, friendships, or any other blessing given to us due to our actions.

7) Law of Attraction
Things, events, and people come into our lives through our thoughts, feelings, words, and actions. All these thoughts and actions are energy that we emit to the world which attracts like energies. Negative vibration attracts negative and positive vibration attracts positive.

8) Law of Perpetual Transmutation of Energy
Everything moves from one state to another, and never dies. Ice becomes water, becomes steam... because you can’t see it doesn’t mean it’s not there. Producing a higher vibration transforms lower vibrations.

9) Law of Relativity
Each of us will receive a series of situations to strengthen the energy within us. This law gives us the ability to stay connected to our hearts when proceeding to solve the situations. Everything simply is, until we give it meaning and relate it to something else. No matter how bad we perceive our situation, there is always someone who is in a more difficult position, making it all relative.

10) Law of Polarity
This Law states that everything has an opposite. Hot has cold. Night has dark. Light has to have dark in order to understand the other. If we change an undesirable thought by concentrating on the opposite thought, it brings about desirable change.

11) Law of Rhythm
Each rhythm establishes seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of the universe. There’s a season to sow and a season to reap.

12) Law of Gender:
This Law is the Yin (feminine) and Yang (masculine) of life, making them the basis for all creation. It’s necessary to balance the masculine and feminine energies within ourselves to become true Co-creators.

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