

3 MINDS EQUAL ONE

To express **REAL communication** you have to be in relationship with your REAL self.

To be this the MIND is what we navigate, breakdown and re build.

Mind consciousness is powerful. Our mind is a brilliant construction. What creates the experience of our reality is deep.

I know we want to simplify this and we race to find answers as to how it works.

The detail of how the brain/mind correlates information has been investigated for years with various theories.

If our mind creates the mind consciousness we all access then **what creates our reality?**

Some say God, spirit, universal consciousness, beliefs, emotions and / or energetic frequency... maybe they all feature.

Yet lets look at the mind construct today.

We know we have 3 MINDS. Our mind consciousness is made up of our individual experiences and this becomes the collective mind consciousness system we all follow consciously or unconsciously. If we want a new world, then individuals change their mind consciousness, to develop **REAL communication** and self - expression which involves facing FEAR. This creates expanded thinking - an expansion in what we experience in life. This has been the case with every great inventor who has trail blazed a new invention/concept in history.

What is often the case when we look at the past and the genius element in people is they rarely ever work it out with their mind. They are accessing something bigger than the MIND. Yet have the capacity to translate this into something of value. To truly bring forth what is evident to us all then the mind is actually still. Some say they have faith,

access spirit, some form of energy yet what I think is actually the case is the mind is expanded. It is not stuck in the mind consciousness of this reality then it is able to receive and translate what comes through the individual. We all have this capacity what limits this being possible is pure and simple FEAR.

That is why when we learn to STOP THE MIND and not buy into what we believe to be **REAL** we actually create an expanded perspective on life and are able to transcend what limits us as belief systems. What limits us all accessing the genius element is we want to FEEL GOOD. We want to not feel emotions, we want to follow the herd, we want to live within the safety of the constructs we have known, we want to go to something outside of self to feel comfortable.

When you no longer need to feel good or joyful, safe or comfortable then your MIND has space. When you are no longer engaged in the incessant thought trying to work things out the mind has space. When you are no longer in reaction to your emotional body the mind has space. When you are no longer engaged in dis-empowering faith the mind has space.

SPACE is the creative principle of self.

To actually STOP THE MIND we become self - honest with what we have created as our construct of thought. We then have the power to re program this using the mind, which affects the nervous system, our emotional reactions and the structure and shape of our physical bodies. It changes also our magnetic energetic frequency and the sound expression we emit.

The 3 MINDS that equal ONE are:

Conscious mind: the conscious belief systems of the family we grow up in, the society we live within, the culture we live in all affect and become our conscious belief systems and thoughts.

We can challenge these and change these to fit with our free thought and what is our truth by becoming conscious of what limits us in life. Enclosed in this is identity eg: astrology, numerology and many other theories all the labels and distinctions made that denote who we 'apparently' are. You would want to be free of identities to know who

the true self is. There would be less reliance on self - definition through external categories.

Sub conscious mind: this becomes our relationship patterns in life. Our first sexual relationship becomes the reference point of what we continue to experience attracting same - same situations and/or experiences with men/women. Our first friendship becomes our companionship and partnership model in life.

Here is what becomes what we are attracted to in life, same - same structures and dynamics is what we will create as our partnerships. Over and over you may move cities, jobs, marriages, alliances but you will meet the same again unless you face with self - honesty what you have believed to be true. In this will be the compounded emotions of shame, guilt, insecurity etc that you continue to fuel and invite as your experiences with certain people who share the same compounded emotion. This limits you SEEING what is and valuing people for who they truly are. It limits you choosing partnership that fuels your **REAL** self instead you choose partnerships that keep you locked in compounded emotions.

Un conscious mind: the beliefs, thoughts, coding of our mother and father and their geneology is loaded in the unconscious mind. This goes back centuries and includes the 'darkness' of humanity, the female and male ego patterns of the collective, the identification with family constructs.

The reality if you want to be FREE of the limitations of the MIND then reviewing all minds is what we would confront. Self - honesty facing what we have taken on as truths and the patterns this has created for us. Forgiving our self for believing this to be true. Then the mind has the ability to dislodge the energetic threads and emotional reaction this continues to create through the physical body. This changes our magnetic frequency and our personal power centre located at our solar plexus, which creates self - trust and self - expression that is **REAL** communication.

As this is processed we dislodge ourselves from the current mind consciousness and therefore experience disenchantment with what we thought was true and real.

The change of today means absolute change - ceasing to give power away to anything but self. Embrace the mind, embrace emotion, embrace sound and expression, embrace energy, all of it YET don't give your self over to any one construct. They are all valuable yet the **REAL** self is what is. The self that is you will be what self directs your life and become the reality you experience.

Which opens up partnership, companionship and relationship with self that is equal and one. Opening up the possibility for us to experience true energetic frequency and union with other beyond our old mind limitations and consciousness. Then our mind consciousness is expanded and we are no longer re creating the past. We re create the past over and over hence why people believe things don't change. That is simply because the human being is dishonest and stays limited by mind consciousness that fuels self - deceit, powerlessness and limited self responsibility. It is not real so limiting exchanges and people to past experiences just fuels labelling other and self with past beliefs.

If we are willing to take on this way of being personally present to life it opens up a NEW blue print of your experience with people and self in the world. A new real world reality that is free of our old mind constructs that limit our potential.

We no longer attract the relationships lessons of our parents, of our first love, our friendships, whatever has limited us experiencing ourselves and people as they truly are!

Naturally then the magnetic frequency and sound of your expression through who you BE, will bring into form relationships and partnerships that fuel equality and oneness. Who ever resonates with this will be what you experience. You will no longer be in any form of mind consciousness restricting what is true allowing yourself to self direct into your reality what is best and right for you. In this process through being self - honest and self - forgiveness we indirectly embrace the darkness of self that we have not been able to see and/or resonate with. When this is what becomes equal and open with self we have the capacity to be equal and one with each OTHER.