

The Mind – Part 2

Healings Begin in the Mind

Trance Library File No. 95-51

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

AN INTRODUCTION TO THE COUNCIL

by

William Allen LePar

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mержence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited [Child of God](#), one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the [physical plane](#).

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
2. THIS MATERIAL IS COPYRIGHTED. KEEPING A COPY IS PROHIBITED.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.

The word "reincarnation was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number
388 of times, why do the majority of us fear death, and why do we not have a conscious
389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you
392 have not taken advantage of the opportunities available to you while in the material
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol C: indicates that The Council is speaking.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, (***)⁽⁵⁾, and (***)⁽⁵⁾.

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

The Mind was discussed on 85-09-26, the 133rd Trance.

The word “consciousness” was first found on page 2162, line 208.

189 ***: When you talk about the Subjective Mind, and you said "that
190 in a conscious state you are dealing with the Subjective Mind," and
191 you said, "the Subjective Mind bleeds over into the Subconscious
192 Mind." Is there a difference between the Subjective Mind and our
193 conscious awareness that we are perceiving at the present time?
194

195 C: Well, certainly. We feel that that is quite obvious from what we
196 have said. The Subjective Mind is somewhat of a buffer zone
197 between the conscious activities and the Subconscious Mind. The
198 Subjective Mind is the total perspective of events, those from past
199 incarnations that have a direct influence on this present life and
200 the experiences in this present life itself. The Conscious Mind,
201 that which you are perceiving us with at this present time and
202 dealing with us and the rest, is the immediate thinking process and
203 awareness process. What happens is that all experiences that you
204 have that you must respond with or to, if they are familiar
205 experiences then the response comes from the Subjective Mind. If
206 they are unfamiliar experiences, in other words, if you have no
207 foundation to build an action on or God forbid a reaction to a set
208 of circumstances, then the consciousness must draw on what is
209 available in the Subjective Mind plus any necessary animal
210 responses or instinctual responses that deal basically with the
211 physical body and that would deal basically with the function of
212 the organ and its predetermined job of protecting the physical
213 body. Do you understand that?
214

215 ***: I think so, to some extent.
216

217 C: Now, if you were to have an experience this day that you have
218 not had before, your instinctual response, based on what the

219 Conscious Mind could gather from the Subjective Mind in relation to
220 situations similar to what you have experienced today that you have
221 not experienced before, in other words, is there a parallel to the
222 experience. Do you understand what we are talking about?

223

224 ***: Yes.

225

226 C: Is there a similarity? That coupled with the function of the
227 brain to protect the physical body from danger, if that happens to
228 be part of the experience, if that is an element of the experience.
229 That will be the immediate response and hopefully if the character
230 of the individual or the soul quality is sufficient, then the
231 response will be that of a tempered or more godly response and not
232 so animalistic or reactionary, it will be an action instead of a
233 reaction. Do you understand?

234

235 ***: Okay.

236

237 C: Very well. Then at the end of the day when it is time to
238 process the day's experiences during the sleep time, what would
239 transpire then is all that has been accumulated through the
240 conscious activity in the Subjective conscious level or the
241 Subjective Mind is then processed during the sleep time or what you
242 refer to as the dream cycles. This is the processing of the day's
243 events and they are put in their proper place in the subconscious
244 area. The experiences of the day are processed during the sleep
245 time. You see, the physical body itself does not need sleep. It
246 is the conscious levels that need the quiet time to process the
247 experiences of the day, but the physical body itself does not need
248 sleep. It functions whether you are awake or asleep. Now, it is
249 true it can become physically tired but it recoups its energy with
250 proper food and moments of rest or times of rest. The tiredness
251 comes from the strain of the actual physical body, the tissue, the
252 muscle, what have you, but that is revitalized by simply sitting
253 down quietly and becoming inactive. Sleep is necessary, the dream

254 time is absolutely necessary to process the day's events. What has
255 happened during the day then is placed in its proper place in the
256 Subconscious Mind. It is then fed back to the Subjective Mind in a
257 new condition that is acceptable to the overall attitude and
258 experiences of the entity. In other words, the attitudes, the
259 affections, of that particular entity that are already established
260 in the Subjective Mind will have a new segment added to it
261 according to the previous day's experiences, so during this dream
262 time or sleep time the Subjective Mind can be given a new response
263 to a situation. With each activity, even though you have
264 experienced it before the response to that activity is drawn from
265 the Subconscious Mind, but as that activity is completed, then
266 during that night's dream time the additional or the new activity,
267 even though it has been experienced again, is processed into the
268 Subconscious Mind, the Subconscious Mind then feeds the new version
269 to the Subjective Mind, and those experiences then are all blended
270 together. Now, we are talking of one like experience. Do you
271 understand?

272

273 ***: Yes, I believe so.

274

275 C: They are all blended together to merge into one response to a
276 similar situation that may come up in the future. As an example, a
277 very simple example, every time you meet a new person, we will
278 divide that into two types, every time you meet a new male and
279 every time you meet a new female. Each of you respond to the
280 original introduction to that male and that female differently.
281 How you respond to that male and that female today will be
282 different tomorrow when you respond to the introduction to a new
283 person, because each time you meet someone that is a new experience
284 that may add a color or a flavor to your present response that lies
285 in the Subjective Mind that the Conscious Mind takes from. Do you
286 understand?

287

288 ***: I think so.

289

290 C: It is very simple. All you have to do is think about it.

291 ***: When you talked before about the subconscious area at the
292 very closest levels of the subconscious area to our conscious
293 state, we have our weaknesses and faults, were you referring at
294 that time to what you are now talking about the Subjective Mind?

295

296 C: Well, you must remember that it is hard for us to give you
297 everything up front and sometimes we deliberately leave things out
298 or don't connect them as clearly as we could simply because it
299 would be too confusing for any of you to understand. Even now what
300 we have said we can hear the gears just rattling around and nothing
301 is really being comprehended as we hoped it would be. So,
302 basically, what you have is those karmic situations both good and
303 bad that deal directly with this particular lifetime are closest to
304 the bordering or overlapping edge of the Subconscious Mind that
305 touches the Subjective Mind. Now, these are foundations. One
306 could consider this a foundation that the life is built upon or
307 centers around. So that your experiences that you have today as
308 you sleep tonight will be processed into the Subconscious Mind and
309 then the Subconscious Mind will reprocess it back to the Subjective
310 Mind but it will pass through the karmic structure that separates
311 the two minds, and again we use the word "separate" but there is no
312 separation there, it is a continuous activity and a continuous
313 flow, but it has its proper place and time of activity. Even small
314 naps during the day hours, if the mind, as you understand it, or a
315 deep enough level of sleep is reached, then this processing
316 mechanism can take place. It is not necessary to sleep X number of
317 hours or have so many dream cycles per rest time or night time or
318 night hours. Do you understand?

319

320 ***: Yes.

321

322 C: But you cannot process while you are consciously active. Many
323 emotional problems come into play because a person, or a soul, we

324 will use the term person, for some reason or another is not able to
325 process the day's events. Do you understand?

326

327 ***: Okay.

328

329 C: And when dream time is denied or this processing time is denied,
330 then many things transpire and you have emotional problems then
331 that can develop, and some can develop into very serious conditions
332 that in some cases may not be able to be corrected. So the whole
333 mental process or the mental existence is a very serious, a
334 very serious part of your experience in the material manifestation,
335 and it is not something that can be looked at lightly or taken
336 lightly. It is a very involved interchange of activities, and yet
337 when one looks at it, it is quite simple if you can understand the
338 need for processing information and experiences. You, (***), of
339 all people and (***) also should find this quite easy to understand
340 because you are both interested in computers and basically the
341 conscious levels are very sophisticated computers, a very simple
342 situation really or activity.

343

344 ***: That also answers a question that I always wondered why you
345 had to sleep.

346

347 C: It is absolutely necessary to sleep. As we said, if you do not
348 sleep, you are asking for some very unsavory possibilities.

349

350 ***: Is that why sometimes when somebody will be extremely short
351 of sleep for one night or two nights straight they seem to be more
352 sensitive emotionally and more easily confused, it is not because
353 of physical tiredness but because they have not been able to
354 process their information?

355

356 C: That is right. The Subjective Mind is not able to be
357 sufficiently fed its necessary information to handle the events of
358 conscious activity. Now, depending on what the karmic situation

359 is, the organ the brain can be brought into play because of this.
360 If it is necessary for you to experience, say, some emotional problem,
361 as time goes on, they will begin to realize, the medical field
362 will begin to realize that if the chemical balance in the organ the
363 brain is not within certain limits, this creates, at least in their
364 opinion, this will create emotional problems. It is quite the
365 reverse. If there is not proper dream time or if there is not
366 proper dream process, then when the Subjective Mind cannot process
367 properly, the response necessary by the Conscious Mind, which is of
368 course tied to the physical activities therefore tied to the brain,
369 causes undue strain on the physical because the responses will be
370 based more on emotionalism. When emotionalism is brought into
371 play, then this becomes tied in with the instinctual responses of
372 the physical body, again governed by the brain, which demands more,
373 how shall we put it, adrenalin, hormones, what have you, those
374 factors. This causes then an unnecessary activity of the brain
375 under adverse conditions which means increased hormonal
376 production, all these things are tied in together, which causes
377 then the imbalance of the chemicals in the brain necessary for
378 proper electrical transmission of information to the body organs
379 and activities concerning the physical body. So, actually, what
380 the physicians are seeing are the symptoms of not something
381 physical but above the physical, the emotional and conscious level.
382 So, does that explain?

383

384 ***: Yes, I think so.

385

386 C: Yes, it does.

387

388 ***: Just as a side question. Are you saying that possibly the
389 drugs that may be used to treat some of these problems, could they
390 be interfering with this processing and could it make those
391 problems worse?

392 C: The drugs will not interfere with the processing per se. The
393 introduction of certain drugs into the physical container that deal

394 with changing the chemical compounds in the organ the brain are
395 dangerous in that the brain itself is extremely delicate and the
396 amounts of chemicals are so finely developed or tuned for the
397 individual brain that your idiots you call scientists and doctors
398 have a tendency to blanket everything that can be extremely
399 dangerous. Each brain, each individual, has its own needs as far
400 as these chemicals go for proper function of the physical organ.
401 Damaging of this organ causes unnecessary resistance in the
402 physical container or the activities of the physical body which
403 then can cause problems in day-to-day activities which elicits
404 emotional responses, this involves consciousness and what have you,
405 so you start a circle or chain of events that in most cases are not
406 healthy, let us put it that way. So, if there are emotional
407 problems, in most cases they stem from improper dream time. In
408 other words, the processing of daily events is not being processed
409 properly or there is not sufficient time for processing, and one of
410 the simplest ways of overcoming this problem, for an individual who is
411 having such problems, and these usually show up as emotional
412 disturbances, first very light emotional disturbances and then they
413 become more serious as the night time or night hours or sleep time
414 or dream time becomes less and less productive. This can be
415 reversed if note is taken that such things are developing in an
416 individual, this can be reversed by a support, if the family or a
417 support group showing the response of love and affection.
418 We could give a very realistic example that would paint a very
419 clear picture. We will do it in delicate terms but so you get an
420 idea of what we are referring to. A husband and wife, for
421 instance, who love each other very much emotionally and
422 spiritually, and let us say that one of the two might be a little
423 nervous or upset and at the end of the day then, let us say it is
424 the husband since they seem to get away from having to assume most
425 of the responsibilities, let us say the husband is somewhat grouchy
426 or grumpy from his daily activities. Now, keep in mind that he and
427 his wife are very much in love and true to each other. If this be
428 the case then, if such, how shall we put it, nervous conditions or

429 grumpiness continues to go on it becomes an accumulative condition
430 and it can then begin to disturb the dream time in that if it
431 becomes an emotional situation, the mind or the consciousness can
432 delve too much on that particular problem, such as repetitive
433 dreams or what you remember as repetitive dreams or the same dream
434 over and over. This could, in some cases now, again, in some cases
435 be a problem that the individual is not able to take care of. To
436 prevent this from developing into a very serious problem, if in the
437 early stages, the wife were to recognize this, there is nothing
438 better in unjangling the nerves than the wife to become a little
439 "lovey-dovey," if you follow what we are saying. Let her be the
440 aggressor at such a time. After the physical experience then, the
441 body is satisfied and the mind is assured that there is love there,
442 and it can relax, or let us say, concentrate on more important
443 things, but that is because of the demonstration of love and the
444 assurance of love and the fortification of the emotion which is
445 shown through the physical act. Now, we hope you all understand
446 what we have tried to say without saying it in crude words.

447

448 ***: I know a couple guys who are going to be in bad moods
449 tomorrow when they get home.

450

451 C: Well, we would hope that the wives would be all very good and
452 loving wives, give you a nerve pill.

453

454 ***: I have two serious questions.

455

456 C: Watch it (***), we are baiting you.

457

458 ***: What I wondered was ...

459

460 C: Have we ever told you that a great way for spiritual insight or
461 a great path to achieve spiritual insight is abstinence and
462 celibacy?

463

464 ***: If you haven't, you have now. Do children need more sleep
465 because they are developing this processing ability? Is that why
466 kids usually need more sleep than adults because they are growing
467 up? or because they have more to process because they are newer in
468 the physical?

469

470 C: The foundations that a baby, you must remember that a child
471 does not begin to learn at the moment of birth. A child begins to
472 learn at the moment of conception. Now, grant you that we have
473 said that there are times when there is not a spirit entity in the
474 fetus, and this can vary, you know what we are talking about, but
475 as a general rule, assuming that there is a spirit entity at the
476 moment of conception and on through birth, that entity is formulating
477 right from the moment of conception. In the very early years of a
478 baby, from the moment of birth, now even though the learning
479 process has begun from the moment of conception, it is viewed
480 entirely different, it is viewed from an individual point of
481 experience once the child is born. As it is in the mother's womb,
482 its experiences are viewed in relationship or in close relationship
483 with the mother. In other words, the mother is cradling the child
484 so what it learns while it is in the womb is learned in a very
485 secure atmosphere. Once the child is born, then it is learning on
486 its own and from exterior experiences. Its mode of learning while in
487 the womb is naturally learning on its own but also not from exterior
488 experiences but learned from exterior and interior experiences.
489 Now, this may be hard to understand because you, in your presently
490 conscious mind cannot conceive existing in the womb unless you were
491 to have regression to that point and allowed to recall that, but it
492 is an entirely different perception of learning. Do you understand
493 that?

494

495 ***: Yes.

496

497 C: Very well. Once the child is born, then every little item of
498 experience, every little remark, every little anything, must be

499 processed in a new ground. Now, true the Subconscious Mind is
500 there. The limitations are there. The plan for the life is there,
501 but the foundations and those are the first impressions, the first
502 learning, which is through sight, sound, naturally a baby does not
503 learn through its own activities, but through observing, through
504 hearing, they must be very well seeded and this takes much time, so
505 the Conscious Mind and the Subjective Mind and the Subconscious
506 Mind mull every little experience over and over and over and over,
507 until it is a very solid foundation. This continues then until the
508 age of five or so. After that then the foundations are there, the
509 hardcore foundations are there. A child then begins to need less
510 and less sleep time or dream time. Do you understand?

511

512 ***: Yes.

513

514 C: And the child then learns from what it observes and what it
515 hears. Intellectually speaking, a baby really is not able, shall
516 we say, to understand everything it hears, yet it senses an
517 understanding by the tone of voice and what it is able to see and
518 respond in relationship to what it hears. Those things that it
519 cannot relate to, the mind registers those things and then as the
520 child becomes older and is intellectually stimulated or the
521 learning process then, the formal learning process evolves or
522 informal learning process, those words or those activities then
523 develop their meaning or understanding. Do you understand?

524

525 ***: Yes.

526

527 C: So that is why we have said it is extremely important to watch
528 what is said and done in front of a child and we mean from the
529 moment of conception to that particular moment. You may think that
530 the child does not understand, but it is quite capable of
531 understanding much more than you think it does, and even what it is
532 not able to understand at the present time, it will understand as
533 it gets older because it has already been put into the Conscious

534 Mind, then during the sleep time into the Subconscious Mind and then
535 registered in the Subjective Mind. So, does that answer the
536 question?

537

538 ***: Yes, it does.

539 C: Very well, let us go on. Now, you understand that the
540 Conscious Mind is the response set up through familiar experiences,
541 it is a response set up from the Subjective Mind through familiar
542 experiences. The Subjective Mind is the formulation of the total
543 Subconscious Mind.

544

545 ***: And that is a result of all the processing?

546

547 C: Yes. If you do not get proper dream time, eventually severe
548 emotional problems can develop, because the Subjective Mind must be
549 constantly fed and kept up to date. Now, the Subjective Mind knows
550 when it is not being kept up to date because it is part of the
551 overall total being, it is fully aware of what is going on.

552

553 ***: You can't fool it.

554

555 C: You cannot fool any of the minds. In other words, they do not
556 literally operate independently of one another. Each depends on
557 the other.

558

559 ***: You stated sometime ago that the physical manifestation has a
560 life force of its own and is quite alive separate from the
561 manifesting spirit yet it is very directly connected. Is this
562 state of being separate but directly connected a result of the
563 Subconscious area?

564

565 C: Well, we have more or less answered that question already. It
566 is related to the subconscious area only in the sense that the
567 subconscious area, for simplicity's sake, let us put it that way,
568 the subconscious area controls the autonomic system of the body.

569 Do you understand that?

570

571 ***: Yes.

572

573 C: The body having a life force of its own, a more clearer
574 explanation is this: that the total consciousness or the total entity
575 has already chosen a particular body and that is chosen by the parents
576 that it chooses to come through. Genetically or in that sense then
577 it has chosen a particular body which would determine future
578 diseases or potentials of diseases, lifestyle, what have you, the
579 lifestyle is not directly related to the physical body unless there
580 should be a physical condition that would somewhat modify a
581 lifestyle or temper a lifestyle. The body has a life force of
582 its own in this sense, that it is geared genetically for certain
583 potentials and abilities, certain strengths, certain weaknesses,
584 also then you must take into consideration that there is a natural
585 tendency built into the body by the Subconscious Mind to put out
586 every effort possible to protect itself and sustain its life or the
587 life of the body. So in that sense the physical body will
588 naturally respond to any dangers or what have you. Do you
589 understand?

590 ***: Yes.

591

592 C: Any sort of stimulation, regardless of what it is, the physical
593 body has a natural response action to it, either something that can
594 be viewed exteriorly or something that may only be able to be observed
595 internally.

596

597 ***: All right. Could this state of being separate but connected
598 be related in some way to the Traveling Mind?

599

600 C: No.

601

602 ***: The next question is in relationship to the Subconscious
603 Mind. You had given us a statement regarding the Subconscious Mind

604 that its other purpose is a guarding mechanism. We understand that
605 the Subconscious Mind is a guardian to the Objective Mind. We are
606 just questioning what you meant by the other purpose. You have
607 said that the Subconscious Mind is a filtering device. Is that
608 what you are referring to?

609

610 C: That was a very loose term. It is a filtering device in
611 certain areas and that is usually the area most closely related to
612 the Subconscious Mind, but if we were to have given you the
613 information we are giving you this evening or earlier, you would
614 really have been in a dither. The real second need or activity of the
615 Subconscious Mind is a filing system or a filing area for
616 experiences necessary to allow this particular lifetime to be as
617 productive as is possible and this may include past life
618 experiences or if not in total what would be necessary, those
619 items, do you understand, so it is basically a filing system or a
620 filing area. It is a repository, if you understand that better,
621 possibly that would be a better word. It is a repository, and the
622 Subjective Mind then would be a repository of books or the sum total
623 of each of the files of the Subconscious Mind. If you look at the
624 Subconscious Mind as a repository of books and each book being an
625 area of experience, not individual experiences, yes, maybe that
626 would be a better example. The Subconscious Mind is a repository
627 of books and each book an experience, then the Subjective Mind
628 would be a repository of one book of all the books. It would be a
629 synopsis or a condensation or combination of all the books in one
630 particular area of the Subconscious Mind. Do you understand?

631

632 ***: Yes.

633

634 C: So, basically the Subjective Mind would have a book with a
635 synopsis of all the books contained in an area of the Subconscious
636 Mind that would pertain to that particular event or that need or
637 that activity or that emotion, what have you.

638 ***: Thank you. It is past the time we set up. Is it all right

639 if we go on?

640

641 C: Yes, but let us make it quick now.

642

643 ***: You had also given us information about an optic fiber or a
644 picture of an optic fiber relating it to our conscience. Could
645 that picture that you had given us of the optic fiber relate to the
646 Traveling Mind?

647

648 C: No, it is separate. The Traveling Mind has its own activities.
649 It is a scanning mechanism that connects the Objective Mind and
650 Subjective Mind. It scans the Subconscious Mind. It scans in the
651 sense of taking out information and putting in information.

652

653 ***: So the Traveling Mind is making decisions about what it is
654 carrying?

655

656 C: No, the Traveling Mind makes no decisions at all. It is the
657 soul or the entity that makes decisions. The soul or the entity
658 works through the Objective Mind, the Subconscious Mind, the
659 Subjective Mind, and the consciousness. The Traveling Mind is
660 simply a scanner. It facilitates all the minds, if you would
661 understand that. It is a facilitator, it is a scanner. When the
662 Subconscious Mind wants to put something into the Subjective Mind,
663 there is a process involved because of the structure of the
664 Subconscious area and it feeds it into the Traveling Mind, the
665 Traveling Mind then takes it to the Subjective Mind. Now, the
666 actual filtering devices or the format of your consciousness,
667 regardless of what emotion or attitude or mannerism you may have,
668 the actual, how shall we put it, the normal response to any
669 situation, is basically set up in the Subjective Mind. We have
670 referred to those in the past as filtering and barriers and what
671 have you. Barriers still exist and filters still exist but in such
672 a way that no matter what we attempt to do it is not going to be as
673 clear as we would hope it to be and would only become more muddled.

674 In the subconscious area it has its own set of barriers and
675 filters. It will give to the Traveling Mind what it wants the
676 Subjective Mind to have. Now, it is very easy to pump things into
677 the Subconscious Mind through the Subjective Mind. There is no
678 resistance in pumping it in. It is quite a different story in
679 bringing it out. The Subconscious Mind is very wise, it is very
680 selective in what it will allow to come to the surface of the
681 Subjective Mind because it knows that the Subjective Mind is a
682 reflection or a sounding board for the consciousness, and the
683 consciousness is your daily activities. So if you have too much
684 information you may react in less than a beneficial way.

685 ***: One thing I don't really understand is basically why there is
686 a need for a Traveling Mind. Why can't the Subconscious Mind just
687 pass impulses on its own?

688

689 C: Well, that only points out one thing, (***). When we said that
690 the vastness and the Subconscious Mind as itself and its vastness is
691 totally impossible to understand with those feeble things you call
692 minds. We do not mean that as an insult. Every part, every level
693 of your consciousness, whether it is the Subjective Mind, the
694 Subconscious Mind, or the Objective Mind, from your consciousness
695 to the true you, that which the Divine Father created is such a
696 vast, vast vast expanse of activity that there is no way of
697 explaining it to you. You do not have words, and if you did have
698 the words you do not have the time in one lifetime for us to
699 explain those activities, they are immense, beyond your wildest
700 ability to comprehend, but the Subconscious Mind and all the other
701 minds are divided into very, how shall we put it, very precise
702 levels, very precise activities, yet each level builds upon the
703 other and it is not the best use of consciousness to plow through a
704 level into the next to get information to where it may be needed.
705 It is much more efficient, much more productive to have an ability
706 to transcend what levels are not involved. So actually the
707 Traveling Mind simply helps the subconscious transcend what levels
708 of consciousness in the subconscious area that are not necessary or

709 are not being used for a particular activity. A very efficient way
710 of dealing with consciousness and creativity.

The Mind was discussed on 85-09-26, the 133rd Trance.

The word “subconscious” was first found on page 2173, line 767.

712 ***: Thank you. The next question we have is related to the
713 Objective Mind. Is there some statement or something you could
714 give us as to what the main purpose of the Objective Mind is or
715 what the main function?
716
717 C: Well, what is the purpose of God's creating you?
718
719 ***: To return.
720
721 C: Yes, but what was the purpose of him creating you originally?
722 The Objective Mind is the closest extended arm of you as what God
723 has created you. The Objective Mind is, that is even harder to put
724 a definition to that would make it simple enough to be understood.
725 The Objective Mind is a conscious level that oversees the plan of
726 this particular lifetime. It orchestrates the functioning, shall
727 we say, the functioning of the entire being. It also is the area
728 of the soul or the entity that is able to perform beyond the
729 natural activities of creation. In other words, if the Objective
730 Mind wishes to become directly active in the physical world, in
731 creation, it can work beyond the natural laws of creation. In
732 other words, miracles are a direct activity of the Objective Mind
733 in the material manifestation, because they seem to suspend natural
734 law. Do you understand?
735 ***: Yes.
736
737 C: But even at that, even though it appears to suspend natural law
738 or surpass natural law, in its activities and in a miraculous event
739 there are laws by which it must work within the overall creation or
740 law of creation or law of nature.
741

742 ***: It just goes against our understanding.

743

744 C: Well, that would be the simplest way of putting it. You don't
745 understand or you don't know all the laws of nature, that is only
746 half the story. There are laws of nature that you know, and there
747 are laws similar to those that you know that you do not know yet or
748 are not aware of yet, and yet there are laws governing nature that
749 are part of natural law and those higher laws than the Objective
750 Mind can utilize.

The Mind was discussed on 85-09-26, the 133rd Trance.

The word “objective” was first found on page 2173, line 775.

775 ***: What you are saying that Objective Minds communicating with
776 each other, is that something that can happen normally without your
777 being aware of it?

778

779 C: Oh yes, yes. Much of the interreaction and interrelationship that
780 people have with one another starts initially with Objective Mind
781 responses, correspondence or intercourse, whatever you care,
782 conversational intercourse, spiritual intercourse, and we do not
783 mean that in the sense of what you normally understand or refer to
784 intercourse as. Conversational intercourse is basically what we
785 are referring to is an exchange or interchange there. But this is
786 all part, this is a normal activity of all souls, so this is not an
787 exceptional thing, what becomes exceptional is when it is directly
788 used or actively or consciously pursued and then it becomes a
789 phenomenon.

The Mind was discussed on 85-09-26, the 133rd Trance.

The word “objective” was first found on page 2174, line 799.

799 ***: Can you touch in with the Objective Mind through meditation

800 and prayer?

801

802 C: Yes. Usually, that is the more natural or common way most

803 people are able to reach up into their higher spiritual levels is

804 through meditation and prayer. That in most instances or with most

805 people is the only way that they can reach into the Objective Mind.

The Mind was discussed on 85-09-26, the 133rd Trance.

The word “consciousness” was first found on page 2176, line 892.

847 ***: That is what we wanted to know. And then you had said, "The
848 natural process is that through hypnosis the healing or whatever
849 the suggestion travels through the Conscious Mind, begins to ride
850 upon the Traveling Mind, through the subconscious area, then to the
851 Objective Mind and then to the farther end of the Objective Mind
852 where it touches or signals the entity or true entity. The soul or
853 spirit then acknowledges this activity and then releases back the
854 impulses necessary." Now, is that referring to normally or to
855 everybody else?

856

857 C: If you were going to attempt to use hypnosis as a healing tool,
858 then that would be the process that would transpire with most
859 people, but there is much more involved in a healing being obtained
860 through hypnosis. Hypnosis basically if you wanted really to get
861 down to the actual nitty-gritty of it or the factual aspects of it,
862 hypnosis would basically then only be a triggering mechanism, the soul
863 itself would have already predetermined a healing would be in line
864 and actually the hypnotic suggestion would be just a triggering
865 mechanism but it would follow a natural pattern of events, and that
866 would basically be it.

867

868 ***: Could that chain of events that you have described here,
869 could ...

870

871 C: That could be used or that would be more realistic or more
872 natural or more general if you wanted a healing from a bad habit or
873 cigarette smoking or overweight, that would be more in line with
874 that or more accurate in that area, along with those. If you wanted to
875 implant a positive suggestion, that would be what would transpire.

876

877 ***: Could this general chain of events relate at all to normal
878 experiences? Things not related to healing.

879

880 C: Yes. The Conscious Mind feeds the Subjective Mind, the
881 Subjective Mind feeds the Subconscious Mind. Then if there is a
882 need for a communication between the Subconscious Mind and the
883 Objective Mind, then the Traveling Mind is brought into play.
884 Under certain circumstances or certain conditions or certain
885 activities, the Objective Mind can be fed directly through the
886 Subjective Mind through the Traveling Mind. The subconscious area
887 needs the Traveling Mind for proper filing. Do you understand?

888

889 ***: Yes, I think I start to.

890

891 C: So, the Traveling Mind is a very essential aspect of your
892 overall consciousness. It keeps each activity from becoming
893 clouded or intermeshed with other activities that are not related
894 to that particular situation. So the Subjective Mind then which is
895 the storehouse of the day's activities and also the parameters or
896 limits of the consciousness, its response to life, it keeps
897 everything clear, the Traveling Mind keeps everything clear and in
898 its proper place. So, the example we gave you about the scar, the
899 barrier for that is basically in the Subconscious Mind because that
900 deals with a function of the physical body, so its barrier would
901 definitely be in the Subconscious Mind and that then directly
902 affects the brain, the organ of the brain, which does not permit a
903 natural healing or proper or normal healing of skin replacement or
904 cells. Do you understand?

905

906 ***: Yes.

907

908 C: So you see, there is a classic example of the Subconscious
909 dealing directly or influencing directly the brain or its
910 mechanical purposes, but this electrical chemical system of the
911 brain the bio-electrical-chemical system of the brain is also a

912 receiver then of the soul. And of course we have explained then
913 the process of right and left sides of the brain. Very well. Go on.

914

915 ***: That is the next question. When you were talking about the
916 impulses of the soul coming into the brain through the right side,
917 is there any relationship between, does that come through that
918 chain of events or could you relate the Subconscious Mind to
919 working with either hemisphere?

920

921 C: Well, the left brain, how can we put this without taking up
922 hours of time, the left side of the brain deals basically with the,
923 if we had to put a relationship between right and left, the left
924 side of the brain basically deals with the natural responses of the
925 present consciousness and the Subjective Mind. It also is somewhat
926 related to the Subconscious area, the Subconscious Mind, but the
927 right side of the brain is also related to the Subconscious Mind or
928 there is strong influences then from the subconscious in both the
929 right and left side. There is less of an influence on the right
930 side from the Subjective Mind, although there can be a direct
931 influence from the present consciousness on the right side. Do you
932 understand? So it is kind of a jump-over or a skip. Do you
933 understand?

934 ***: Maybe.

935

936 C: The Conscious Mind can directly influence the right side of the
937 brain depending on the activities. The Subjective Mind deals basically
938 with the left side of the brain although it can again on occasions
939 and depending on situations have some influence from the right side.
940 The Subconscious Mind deals both with the right and left side of the
941 brain. The Subconscious Mind deals with the left side of the brain for
942 the normal, rational chain of events. The Subconscious deals with the
943 right side of the brain with the more aesthetic or spiritual
944 qualities. The Objective Brain or the Objective Consciousness deals
945 then basically with the right side of the brain. All this though,
946 believe it or not, must initially, since the Objective Mind and the

947 spirituality governs the right side of the brain, all this must
948 transpire initially through the right side of the brain. The left
949 side is basically a doer and not a thinker. It works better when
950 there are repetitious steps or predetermined steps or anything
951 methodical or mechanical or very straitlaced. Believe it or not,
952 people who are one-track minded or opinionated have very little
953 right brain activity. They are basically left brain people. Oh,
954 wouldn't some people like to know that? So those of you who are
955 too strongly opinionated, remember you have just lopped off one
956 side of your brain. Truncated the beauty of God's creation. How
957 do you like that? Truncated the beauty of God's creation.

958

959 ***: We might use that.

960

961 C: You could safely use it; most people would not understand it.
962 Now, that is real citadel building. Strictly left side.

963

964 ***: Yes, we are using those too. The next question we have, you
965 have given us information, "If healings have been achieved at the
966 soul level and is to be achieved in the physical itself, then those
967 steps, those occurrences will transpire according to the situation
968 or the soul's plans, its association with others in the material
969 manifestation, thus when the proper sequence of events transpires,
970 the left hemisphere unlocks the healing forces." We are
971 questioning, does the left hemisphere unlock the natural healing
972 forces of the body or the healing forces of the soul?

973

974 C: It will unlock the natural healing forces of the body if the
975 healing is to come through natural means or through a evolved or
976 over a period of time. A miraculous healing will basically
977 work, its primary force comes through the right side of the brain
978 and will deal more with the, if you can understand this, the
979 aesthetics of the physical body itself. Eventually, though, if it is
980 to use the physical body as a vehicle of healing, now we are talking
981 other than of supernatural healing, there can be some instantaneous

982 healings that are not strictly supernatural, but if it is a fast
983 healing other than supernatural intervention, it basically still
984 has to come through the left side of the brain. What happens in a
985 case like that, the influences from the right side overstimulate
986 the stubbornness of the left side of the brain and everything in
987 the physical body then is processed much quicker and in some cases can
988 appear to be almost an instantaneous healing.

The Mind was discussed on 85-11-15, the 134th Trance.

The word “consciousness” was first found on page 2187, line 241.

262 ***: About falling asleep with the radio or television on, what
263 about the situation where the parents are in one room watching
264 television and the children are in their bedroom sleeping but can
265 still maybe not clearly hear the television set but can still hear
266 it?
267
268 C: Then those children are being fed whatever is coming out of
269 that television set.
270 You asked the question, here are the answers. These are
271 important issues. They are important issues.
272 Now, when you are asleep, a portion of the Subconscious Mind
273 takes over the functions of the body and the awareness factor in
274 protecting the body during its sleep time, while the conscious
275 factor or the Conscious Level and the Subjective Level are doing
276 what is necessary to be done during the sleep time. Again, we said
277 a portion of the Subconscious Level is tending to the needs of the
278 body in protecting it; it is also aware of everything that is going on
279 in the immediate vicinity. In other words, if you can normally hear
280 something from the next room when you are awake, you will probably
281 in most cases and again this is with individuals, there are
282 exceptions with certain individuals, you probably will be able to
283 hear two rooms away instead of just in the next room, and all that
284 information is being put into your computers, into your minds, to
285 be dealt with later on. So, if you have children in the home and
286 you are watching something that you would not watch in their
287 presence, be advised they can understand words as well as they can
288 understand pictures, and, besides, if you do not think something is
289 appropriate for your children, then it certainly is not appropriate
290 for you because your children will see the inconsistency, and they
291 will see that there are two standards, yours and theirs. In

292 certain areas because of the immaturity of children it is necessary
293 to have what you may call two standards, but in other areas there
294 is only one standard. So be careful when you take your naps.

295

296 ***: By the same token can you get your rest so that your
297 Subjective Mind and your Conscious Mind are doing their thing but
298 at the same time have something valuable on so that your
299 Subconscious can be picking it up, like a quiet piece of classical
300 music or something like that?

301

302 C: Yes, but you must realize that the Subconscious, although it is
303 taking everything in like a sponge, it is working twofold.
304 Remember that. Its primary activity or let us say part of the
305 Subconscious, its primary activity is to tend to the physical body
306 since the consciousness goes into, well to keep things short and
307 sweet, goes into a dormant state. While that processing time is
308 going on, part of the Subconscious then tends to the physical body and
309 part of that tending then is dependent upon what is going on around
310 the physical body, so if someone breaks into your home and there is
311 an element of danger there, the Conscious Mind protects the
312 physical body by triggering the consciousness into an awake state
313 or into activity which is an awake state. Do you understand?

314

315 ***: Yes.

316

317 C: Now, even though its main purpose is to protect the physical
318 body, at that time that portion of the Subconscious can also
319 receive instructions that are beneficial or it can receive
320 garbage. When it is in that activity, that stage of activity or
321 that state of activity, it will not absorb as much as if it were in
322 a true altered state of consciousness. In other words the
323 Subconscious would be primarily active as itself or its full duty.
324 So the Subconscious then during sleep divides a portion of itself
325 off to watch over the body, that portion then can assimilate
326 information, it does assimilate information, and it will assimilate

327 information. If you achieve an altered state of consciousness
328 other than sleep, then the full Subconscious Level is present, of
329 course, depending if you reach that level, and it is able to
330 assimilate or to take up much more information. Does that answer the
331 question or explain it?

332

333 ***: Yes, it does.

334

335 C: Very well. The information on the mind and the conscious level,
336 there are a number of areas that could be questioned there wherein
337 information is available. This, of course, is not the appropriate
338 time, but keep that in mind.

The Mind was discussed on 85-11-15, the 134th Trance.

The word “consciousness” was first found on page 2190, line 433.

409 ***: To get back to this area of falling asleep with the music on or
410 the television on, this information goes in your Subconscious and then
411 you say that you have to deal with it later. When you say deal
412 with it later, does this mean these things will come back out and
413 give you problems later on, things that you will have to overcome?

414

415 C: It is similar to your experiences during your day hours.
416 Everything that you experience must be fed back into the
417 Subconscious, reprocessed, and then put back out into the
418 Subjective Mind, where the Conscious Mind then has a source of
419 response then. What is put into the Subconscious directly during
420 the sleep is basically just bypassing the normal process of events,
421 so it will become part of the reprocessed information that will
422 go back into the Subjective Mind and become part of the Conscious
423 Mind. Do you see?

424

425 ***: Yes, I see, but here is what gets me. When you are
426 conscious, your will is operating and I can see how you can do good
427 or incur guilt because the will is involved. But what I don't like
428 about this subconscious stuff it is almost like you can incur
429 undeserved karma. The will has nothing to do with it and you take
430 in all this ...

431

432 C: Oh, no, no, no, no, no, no, no, no, no, no, no. The will is a
433 blanket bubble that goes over the entire range of consciousness.

434

435 ***: Yes, but when you conk out watching TV, ...

436 C: Did you ever stop to think that from some higher level, it was
437 a deliberate act?

438

439 ***: Well, frankly, no. It never occurred to me. I mean I don't
440 intend to fall asleep in front of the TV, but it just happens.

441

442 C: Now, most individuals who will become in a prone position on a
443 very comfortable lounging spot after a good meal with some noise
444 constantly rumbling in the background will most generally doze off.

445

446 ***: Yes, but I always thought it was rather innocent.

447

448 C: Maybe it is innocence to a certain degree, but maybe it is also
449 a little lack of respect for oneself, of possibly not thinking far
450 enough as to the potential danger.

451 Certainly, everyone has learned of sleep learning. This is no
452 new technique; it has been around since the beginning of man. In
453 fact, if you parents want to make your lives a little easier, when
454 you are holding that little baby in your arms and rocking it to
455 sleep, teach it a moral standard. As your children get older
456 and are able to go to bed by themselves, sit with them as they
457 are falling asleep and recite something that has a quality to
458 it, a standard of morality, and you will find that your children
459 will grow into much more spiritual adults and much quicker. So,
460 this technique of learning as you fall asleep or are asleep is
461 nothing new. It has been used since the beginning of time.
462 Now, if you have fallen asleep watching a television show or
463 listening to possibly questionable music, if you have done that in
464 the past, you may have a loophole as far as responsibility goes,
465 but now that you have heard this information ... Play it safe, shut
466 off your television and your radio and put on a record that you know
467 contains something that you are familiar with.

468

469 ***: But that is almost salvation by trick. I would like to think
470 that it is what you do that counts not what gets snuck under your
471 censors.

472

473 C: Well, it is not salvation by trick, it is salvation by

474 deliberation or by deliberate means.

475

476 ***: You really have to be careful.

477

478 C: You understand the origin of the word "salvation," which is

479 "salvo" which means whole. So if you can make yourself whole by

480 playing the proper music while you sleep, why not take

481 advantage of it? It is not a sneaky way to spirituality. It is

482 just another helping hand, a wise way to go.

483

484 ***: Thank you.

485 C: You are most welcome.

The Mind was discussed on 86-01-11, the 136th Trance.

The word “consciousness” was first found on page 2216, line 638.

616 ***: I guess we will go on with the questions we had on dreams.
617 We had a few questions referring to sleep before we get on to types
618 of dreams. One question is from the research that we have read,
619 they talk about different stages of sleep. I would like to ask the
620 question, basically, why are there different stages of sleep?

621

622 C: Because there are different things that go on during the period
623 you refer to as sleep.

624

625 ***: Further from that and some of the things that you have said
626 recently about the make-up of the mind in the last research trance,
627 things that we never really considered going on in sleep. Is there
628 any kind of a breakdown that you could give us? The different
629 activities involved?

630

631 C: You want us to lay it all out nice and neat for you?

632

633 ***: Yes.

634

635 C: Well, we will start the ball rolling and then you will have to
636 pick it up from there.
637 During the sleep process or during the processing time or the
638 sleep experience, the consciousness goes through the process or,
639 shall we say, the Subjective Mind goes through the process of
640 putting the information into the Subconscious Mind, the assessment
641 of the experiences and the combination, the whole thing that we
642 have said and it feeds back. Very well. Now, what you know as
643 dreams or what you are able to recall at times as dreams come into
644 a situation usually in the processing or the returning of the
645 information back to the Subjective Mind. These dreams then can be

646 either precognitive or they can be instructional dreams for the
647 consciousness. When you recall the dream when you are awake, you
648 recall it in the processing of it from the Subjective Mind into the
649 Conscious Mind. Now, we have said that the consciousness is the
650 immediate response; that is, in fact, a fact, but it also has its
651 own little segment of retaining or what we may refer to as a
652 retaining area. Now, we do not want to add any more complications
653 to what we have said about consciousness, so for all intents and
654 purposes, let us forget that and just accept that the Subjective
655 Mind is the retainer then, but when in fact the Conscious Mind, even
656 though it is, as we said, your present awareness, it also has an area
657 or activity that contains a small portion of information at hand at
658 all times. Do you understand?

659

660 ***: Yes.

661

662 C: So that those dreams that you remember or are able to recall in
663 a conscious state are usually placed in the conscious awareness or
664 the conscious awareness perceives that, when the material or the
665 information is in the return process to the Subjective Mind. In
666 other words, it has already been reprocessed by the Subconscious
667 area. The soul in its effort to inform the consciousness
668 oftentimes will pump in information about future events and it is
669 made available to the consciousness through the dream process, so
670 that in the dream it is so constructed to be not only a
671 summarization of concepts or attitudes but it can also be
672 intermixed with precognitive information as well as instructional
673 information, what have you. Do you understand?

674

675 ***: All right.

676

677 C: Now, the consciousness in order to have time, shall we say, for
678 processing, the intensity of inactivity fluctuates during the
679 night, and it fluctuates on approximately a ninety minute cycle;
680 this is all dealing with the REM and, of course, the different

681 levels of consciousness and what have you. So, there is a purpose
682 for this cycle effect. This allows time for activities. It also
683 is necessary to be compatible with life plans, karmic situations,
684 and what have you. So the activities of sleep are also for its own
685 self-serving needs but it also is compatible with the life's
686 overall plan and such karmic situations that may be necessary or a
687 decision made upon. Do you understand?

688

689 ***: I don't think so.

690

691 C: What is it that you do not understand?

692

693 ***: I don't really understand really what you are saying about
694 the karmic situations. Is that in relation to what is processed?

695

696 C: (***), (***), come, come. What does karmic situation mean?

697

698 ***: Well, the situations that you are involved in.

699

700 C: Yes, if there is a karmic situation that comes up that
701 deprives you of sleep, my goodness, can't we think on our feet
702 a little. Do you think you understand now?

703

704 ***: All right.

705

706 C: Are you sure? No, you are not. If a karmic situation comes up
707 that deprives you of sleep, then your processing time is diminished
708 or the quality is diminished, the effectiveness. So you see where
709 we make reference then to karmic situations. It can apply across the
710 board in your total existence but we prefer to use that as an
711 example to be the simplest or the most direct point to be made
712 aware of.

713

714 ***: All right. Usually when we are talking about dreaming, the
715 things that I have read refer to the REM state as where the

716 dreaming takes place, but then some of the things they also talk
717 about some of the other stages like Stage 4 and some of the other
718 lighter stages, that there is mental activity going on but not the
719 same kind of dreams or different quality of dreams.

720

721 C: Well, now, let us inform you, (***) , that your scientists do
722 not know the first thing about it. They are only assuming. The
723 tripe that they have decided upon, interrupting the REM, they are
724 simply interrupting the process of feeding the information from one
725 level of activity to another, and they are assuming everything
726 else. It is a very false assumption beyond that. The deeper areas
727 of sleep is where the profound activities of consciousness are
728 being exercised. This emphasis on REM is not all that important,
729 but since they cannot go beyond that, of course, they make much to do
730 about it, but that is simply the threshold where one activity goes
731 over into another activity and really does not mean that much after
732 all is said and done. Its main potential for importance is when that
733 is disturbed in anyway, either through artificial interruption or
734 whatever natural interruption either because of physical
735 conditions or karmic situations, then it becomes much more
736 important because the information is not processed properly or it
737 is interrupted in its transition from one level of consciousness to
738 the other, then it becomes a major factor, but other than that your
739 scientists are creating a lot of hot smoke over nothing, but such
740 is life.

741

742 ***: The next question we had I think you have probably answered
743 it. Why do we not go directly into a dreaming stage rather than
744 going through the others? It seems to me you are saying we do.

745

746 C: Basically, yes. It is just a matter of the consciousness
747 quieting down. One aspect of the subconscious activity is to tend
748 to the functions of the body, provide the necessary maintenance of
749 the body. In order for the consciousness to begin its activities,
750 then it does take a period of time for all things to quiet down.

751 If you look upon your physical body as a machine that is running in
752 high gear at the present time, it must be downshifted to low
753 gear. Well, you do not do this instantaneously. It is a gradual
754 reduction in its activities, and the body quiets down along with
755 the mental activities in relationship to the mental activities. So
756 as the mental activities quiet down, the physical body quiets down.
757 As the physical body quiets down, then the mental activities quiet
758 down. Of course, this is to a certain point. Then quite the
759 opposite comes into effect. The physical body maintains a certain
760 level of quietness or inactivity or low activity and the
761 consciousness goes into high gear. When it goes into high gear,
762 your scientists observe a very deep level of sleep. Consciousness
763 goes in a relatively slow gear when it is awake or at a less; the
764 more activity at the conscious level, the actual less activity of
765 consciousness there is or, shall we say, interactivity. There is
766 more output in your awake conscious state than input. It is like a
767 210 volt line of electricity, you have three lines, three power
768 sources, two power and one ground. In the conscious state, in your
769 awake state, you have power going out to the consciousness, but in
770 the sleep state the real activity is inwardly, so you are using all
771 three lines then. In the awake state you are only using two of
772 those lines and it is generally all going out, where in the sleep
773 all three lines are putting in. It is not a very good picture, but
774 with a little imagination with what we have said and picturing that
775 would probably make it a little clearer.

The Mind was discussed on 86-05-30, the 139th Trance.

The word “consciousness” was first found on page 2244, line 155.

145 ***: My question is in regard to teaching or using sleep-talk with
146 our children. Is it harmful since it is a form of hypnosis without
147 being hypnotized and you are suggesting to your children in an
148 altered state, an alpha state? Is that a harmful thing to do?

149

150 C: It could be but, as a general rule, no. If a parent will talk
151 to their children while they are going to sleep, we would hope that
152 the parents would be responsible and godly parents. They can
153 educate their children not only intellectually but spiritually in
154 that state. In the information that we gave as far as the workings
155 of the consciousness, you have, what we might loosely term, a
156 direct line to the Subconscious, which is the area that either
157 unlocks the potentials or activities of the Objective Mind
158 which is the direct connection with the soul, or it can merge
159 information or input with all the other input that is going on in
160 an individual's experiences or waking hours or a lifetime. Your
161 term "sleep-talk" we find that it is not objectionable; it is
162 beneficial; and it can be, how shall we put it without promising
163 the moon and the stars and not being able to deliver, it can be
164 almost a shortcut to instructing children. We would suggest, in
165 fact as we have before, that parents take the time to do this. In
166 fact, you do not have to wait until your children are born, but if
167 the mother who is carrying the child and the father, if they were
168 to talk to the child as it is in the womb, you will have that much
169 of a headstart on instructing your children. Does that answer the
170 question?

171

172 ***: Yes, thank you.

173

174 C: Now, just remember, as you can feed your children wholesome,

175 healthy food, you can also feed them food that is not as wholesome.
176 So, if you are going to use this type of instruction or method,
177 make sure that what you are teaching your children is of the
178 highest quality and has the greatest spiritual purity that you can
179 give them. Very well.

180

181 ***: Yes, I would like to ask about subliminal tapes. I ordered
182 some recently and the music on the tapes was just beautiful, but,
183 of course, I cannot hear the words, the hidden messages, and I am
184 wondering, are these beneficial?

185

186 C: Well, basically, that is nothing more than a whisper that the
187 Subconscious part of your being is capable of understanding. If in
188 fact you purchased tapes that are true subliminal suggestions, then
189 they will work. The expense involved in producing such tapes, very
190 few organizations have that type of equipment or have the finances
191 to produce such tapes. We would suggest that if you are going to
192 use something of that nature, be extremely careful, extremely
193 careful, since at a conscious level, you cannot truly hear what is
194 being said. Does that answer the question?

195

196 ***: Thank you.

197

198 ***: I would like to know if distance enters into this. For
199 instance, can a grandparent talk to a grandchild who lives in
200 another city at nighttime when they are asleep?

201

202 C: If the grandparent or grandmother or grandfather can control
203 their mind and direct it, yes. It works more in the line of what
204 is referred to as telepathy, but it is still conversation with an
205 entity in an altered state of consciousness. We would suggest in a
206 situation like that, if necessary to use visualization as an
207 assistance in it, we would suggest using a beam of light that the
208 words or sentences are carried on. Depending on your own personal
209 evaluation or evolvment or concepts of color, you may choose any

210 color of light or ray that you would like. The most common in
211 individuals would be a color pink which would carry those words on
212 a rainbow or arc or beam of light evolved or enveloped in love.
213 Now the pink, as a general rule, each of you have your own personal
214 interpretations, but the overall concept and accepted motivating
215 force behind the color pink is a guiding or protective or brotherly
216 love, so if you have that concept of the color pink, visualize your
217 words being enveloped or surrounded by that color. Then it
218 becomes, how shall we say, charged a little more. Do you
219 understand?

220

221 ***: Yes, thank you.

222

223 C: You are most welcome. Very well.

224

225 ***: Yes, the subliminal tapes that (***) talked about. What
226 about the learning tapes themselves for children rather than the
227 parents voices or something like that?

228

229 C: Specify your "learning tape."

230

231 ***: Well, a language as an example, foreign language.

232

233 C: Using it under what conditions?

234

235 ***: Well, as the child is going to sleep at night or in a restful
236 mode.

237

238 C: Using any form of instructional information, using it as a mode
239 of instruction while the child is going to sleep or during sleep
240 will help the child to assimilate the information much quicker
241 because it is going directly into the Subconscious. Does that
242 answer the question?

243

244 ***: Yes, thank you.

245

246 C: This concept is nothing new. Since the beginning of time it
247 has been practiced and used. There are times during the sleep
248 cycle when the consciousness will accept more because the
249 Subconscious becomes very active during the sleep time. It is in
250 the process of digesting and re-evaluating concepts. Now there are
251 certain times during the sleep when the consciousness will receive
252 more from sleep learning or your sleep tapes or whatever you wish
253 to call them. In the activity of the Subconscious when information
254 is pumped into it, in those times during certain activities, it
255 will pump more of that information directly into the consciousness.
256 Now to make it very simple. You have your Conscious Mind and you
257 have your Subconscious, you have the Subjective Mind. Between the
258 Conscious Mind and the Subjective Mind there can be a small pocket
259 of retention or small pocket where information is stored that will
260 become a greater part of the Subjective Mind and the Conscious Mind
261 depending on a number of factors and those are all determined by
262 the soul itself and its need. So, much of that information then
263 could be stored in that little pocket or reservoir and then allowed to
264 seep out into the consciousness to suit the overall situation of
265 the life, or it may retain in the Subconscious Mind to influence
266 the Conscious Mind indirectly. Do you understand that?

267

268 ***: Yes.

269

270 C: Very well. There are some people at certain times in their
271 life have as an example spoken a foreign language and because of
272 not using it for many, many years or not keeping abreast of it,
273 they seem to lose the ability to speak that foreign language, yet,
274 in most cases, again this is most cases, they can understand that
275 foreign language much more fluently or to a greater degree than
276 they can speak it. This is because the information is still within
277 the entity in the Subconscious, and they are capable then of
278 understanding the spoken word, yet are not able to speak the
279 word or recall it in order to speak it. Very well. Does that

280 answer the question?

281

282 ***: Yes, thank you.

283

284 C: You are most welcome.

The Mind was discussed on 86-08-22, the 141st Trance.

The word “consciousness” was first found on page 2295, line 110.

53 ***: Thank you. This is the Fifth Trance we have had in the
54 Research Group Interpersonal Morality. And the first question we
55 have: Are negative thoughts as damaging to spiritual growth as
56 actually carrying thoughts into action?

57

58 C: You are referring to carrying the negative thoughts into
59 action?

60

61 ***: Yes.

62

63 C: If one lives only in the realms of negative thoughts, then the
64 greatest damage is done to the individual who is thinking those
65 thoughts. Once it begins to go beyond the thinking stage, then
66 naturally common sense would dictate that those destructive efforts
67 will expand or extend from the individual. If there were a choice
68 to be made, it would be wiser to keep it in a thought-form than to
69 allow it to bleed out into a physical activity. The only situation
70 or the only condition that would be, if we could use the term, more
71 desirable would be to have the individual keep it in the thought
72 form, then the responsibility is lessened as far as damage or harm
73 done to other individuals. Do you understand?

74

75 ***: No, I lost you.

76

77 C: What is it you do not understand?

78

79 ***: To be honest, I lost my concentration.

80

81 C: If the negativity is kept simply in a thought, in other words,
82 suppose you were to dislike an individual to the point that you

83 would wish them harm. The greatest damage done in such an action
84 or condition or state of being is to the individual who wishes the
85 harm or carries the negative thought. If it is allowed to go into
86 a physical activity, naturally then it is quite possible an
87 innocent person or another individual would be harmed. Do you
88 understand so far?

89

90 ***: Yes.

91

92 C: What we have said is that it would be wiser to keep it in the
93 thought stage instead of allowing it to develop into a physical
94 action or activity. There the greatest damage is done to the
95 individual who has the negative thought. The consequences,
96 extenuating consequences, to that negative thought is, how shall
97 we say, somewhat limited. Once it goes into a physical action,
98 then the individual not only is responsible for the negative
99 thought and the action but the extenuating consequences of that
100 action. Do you understand now?

101

102 ***: Yes.

103

104 C: So, if we had to choose between the two, the less damage is
105 done by keeping it in just the thought form.
106 Our advice would be to bring yourself above a negative
107 thought. It is part of human nature to find yourself in a
108 situation where emotions can bring about less than godly thoughts
109 in relationship to situations and other individuals. If the thought
110 flows into the consciousness, very little effort is needed to
111 replace that negative thought with something more positive. It is
112 only a fool who ponders on that thought and nurtures that thought.
113 Actually, the individual who does that is nurturing greater karma
114 for themselves. Why add such a burden to yourself with that?
115 There are spontaneous thoughts that are classified as negative
116 thoughts that come into the consciousness of all. The difference
117 between a negative person and a positive person is that the

118 positive person will introduce some other thought into the mind
119 instead of allowing the negative thought to stay there. The other
120 individual, the positive individual, will begin to force a more
121 positive thought or focus their attention to something more
122 positive. So it is natural or part of your nature to have what you
123 could call spontaneous thoughts that are less than godly. The
124 godly person will immediately control those thoughts and direct
125 them into something more positive.

126 If there is friction or confrontation with another individual,
127 which is part of your society, your world, to nurture that does
128 yourself more harm. These episodes are, according to the condition
129 of your world today, almost inevitable. Now, we are talking on a
130 one-to-one basis, trivial little ego trips that cause hard feelings
131 and what have you, this is what we are talking about now. These
132 are almost inevitable in each individual life. The wise man, the
133 wise person, will realize this and then push these thoughts out of
134 their minds and bring in something more positive.

135 If each of you were to be completely honest with yourselves
136 and you were to know yourselves a little better, it would not take
137 much effort to see something beneficial in each individual that you
138 meet or know. Regardless of what problems may arise between you
139 and another individual, a good person, a spiritual person can
140 always find something good in the other individual to love.

141 There is no need to put a noose around your neck with negative
142 thoughts. It may be somewhat of a challenge to completely control
143 your thoughts to the absolute. In other words, keep yourself in
144 such a frame of mind or a state where there is never anything
145 negative that enters into your consciousness or your thought, but
146 certainly each of you have enough growth, enough control, enough
147 respect for yourself, to be wise enough not to nurture such
148 thoughts.

149 For the individual, the thought is as bad as the deed, that
150 is, the individual who is having the thought, of course. To
151 nurture that thought, you tighten the noose. To allow that thought
152 to develop into an actual physical action, then you are tripping

153 the trap door to your own hanging. Is that clear?

154

155 ***: Yes, it is. Thank you.

156

157 ***: From what you are saying, I get the impression that a person
158 cannot then be harmed by another person's negative thought. Is
159 that true?

160

161 C: It depends on the individual who is harboring or fostering or
162 nursing the negative thought, and it depends on the individual
163 who is the center of such thoughts. There is always that
164 possibility of transferring influences, but it takes far more
165 energy to transfer a negative influence than it does to transfer a
166 positive influence. Do you understand?

167

168 ***: Well, I believe it if you say it, but ...

169

170 C: Well, no, you should not believe it just because we say it.

171

172 ***: Well, I have no idea that a positive thought takes more
173 energy than a negative thought. I don't know that in a way that I
174 have of knowing it.

175

176 C: Let us add something to what we have said. Positive
177 thoughts are a direct inflow from your Creator. Negative thoughts
178 are drawn simply from your own essence. So that means you must
179 generate that energy from your own being. Does that put it in a
180 framework that is a little easier to understand?

181

182 ***: Well, it makes sense to me that if I have a lot of negative
183 thoughts, I am very stressed and then I spend a lot of energy, and
184 positive thoughts don't have that effect on me. If that makes
185 sense.

186

187 C: Positive thoughts are a recharging, not only of the soul or

188 spiritual aspects of your being but also the physical aspects,
189 because you are directly linking yourself then with the Source of
190 all energy and life and that is God.

191

192 ***: Thank you.

193

194 ***: I wasn't quite clear on that, the relationship you made to
195 the physical, you mean positive thoughts and working on nurturing
196 positive thoughts are good for the physical world too and your own
197 physical body?

198

199 C: Certainly.

200

201 ***: Even if they are not about healing, if they are just about, I
202 am making a difference between mental and physical, maybe there is
203 no difference.

204

205 C: Well, if you have a positive attitude, then you are creating a
206 healthier situation. Do you understand?

207

208 ***: Yes.

209

210 C: You are speaking in terms of the physical body. If you have a
211 positive mental attitude, then the physical body, the tool that you
212 use, is in a more desirable condition to function properly. The
213 state of mind that you have, an example, depression, a dislike for
214 much of what you find yourself in, such as employment, family, or
215 friends, if there is a less than positive feeling there or less
216 than a positive attitude, it slows the physical body down, the
217 functioning of the physical body, all the chemical interactions,
218 the electrical impulses created by the combination of the chemicals
219 of the body, and eventually if this is allowed to continue over a
220 prolonged period, it begins to affect the chemical combinations and
221 their need to relate to each other and interact with each other,
222 thus the immune system goes down. Once the immune system goes

223 down, then you have fertile ground for sickness.

224 Now, with a more positive attitude, a more loving attitude, a
225 more joyful attitude, the ability to laugh at yourself first and
226 then laugh at others or others' situations, and when we say "laugh
227 at others" not in a demeaning way but in a sharing way, this
228 bolsters the entire system. It fortifies the physical body. It
229 adds a natural stimulant to the physical body, thereby putting it
230 into what we could loosely call a higher gear or a more efficient
231 state, thereby giving you the ability to ward off sicknesses of one
232 kind or another.

233 Now, let us make it very clear at this point: Individuals who
234 are suffering from ailments, sicknesses, should not indicate to you
235 that they are negative individuals, you should not assume that,
236 because you do not have the slightest idea what may be involved
237 in their situation. This is why we at times hedge away from
238 commenting on ailments or individuals who are sick because the
239 natural tendency of your world is to pass judgment, and when you do
240 this, then you are putting yourself into a position lower than what
241 you have passed judgment on. So, to be on the safe side, one should
242 always assume if there is an illness in a person, it is for
243 the benefit of others. Not that they have a karmic situation that
244 must be taken care of, but they are joyfully surrendering good
245 health to help the growth of those around them. Now, that is the
246 smartest way of looking at individuals who have health problems.

247 Do you understand?

248

249 ***: Yes, thank you.

The Mind was discussed on 86-08-22, the 141st Trance.

The word “brain” was first found on page 2311, line 934.

934 ***: In speaking about depression and the center of the brain that
935 did not release enough serotonin or whatever, what foods or
936 vitamins or minerals can help alleviate that condition?

937

938 C: Would you like something that would act quicker than food?

939

940 ***: Oh, yes.

941

942 C: With an individual who undergoes depression, the basic, how
943 shall we put it, the basic motivator for depression is a loss of
944 self-esteem. Now, because of the mechanism involved in the body
945 itself, its relationship to the chemicals, in relationship to the
946 brain, it is very hard to break that cycle. Do you understand so
947 far?

948

949 ***: Yes.

950

951 C: In other words, the depression comes because there has been a
952 breakdown in the production of chemicals or elements. To stimulate
953 that production again and to have it continue on its own,
954 regardless of what medication is taken, regardless of what food is
955 eaten, will not do it. Other things more important than medication
956 and food that may replace medication is the surrounding atmosphere
957 of the individual. Depression is, in most cases, the direct effect
958 of a destroyed self-esteem, the feeling of unloved. Now, this can
959 come through a traumatic experience or it can come from a
960 gradual condition that will grow and in most cases it is truly
961 unnoticed. By the time the system is thrown out of its normal
962 balance, the individual is too depressed to realize what started
963 the cycle. Do you understand?

964

965 ***: Yes.

966

967 C: Now, the safest and best way, how shall we put it, the way
968 that would be most beneficial for the individual suffering
969 depression is to establish that self-esteem, assist him in
970 establishing that self-esteem. This is a major task in most cases
971 because it is not a simple situation or a simple act that brought
972 this on, but it has been a gradual deterioration from many
973 extenuating conditions or circumstances. Do you understand so far?

974

975 ***: Yes.

976

977 C: With enough love, and again a simple thing like a show of
978 affection, the respect shown to an individual, the encouragement
979 given to that individual, will be far more beneficial in the
980 overall picture than medication. Medication that is used for
981 depression today will have some ill effects that will show up much
982 later on. An overall suggestion would be a well-balanced diet for
983 a person who is depressed, keeping away particularly from sugars,
984 sweets, pastries, dealing more with vegetables, fruits, red meats
985 in proper amounts, fish and poultry, a normal good healthy diet.
986 Plus the fortification of loved ones around that individual can
987 bring them back more permanently than medication and the future
988 side effects will not be there to contend with. Does that answer
989 the question?

990

991 ***: Yes.

992

993 C: Depression is a terrible thing for an individual to go through
994 because all the suffering is inside and hidden until it goes beyond
995 a tolerable point. From there the individual has lost a great deal
996 of self-control, and that individual then is in very dangerous
997 straits, in most cases. These individuals need a great deal of
998 fortification. Much attention to build up the self-esteem, to

999 build up the ego even. Now, we are not talking about the
1000 self-centered ego but the godly ego, but yet it must be done in
1001 such a way so it is sincere. If it is done in such a way so there
1002 is a hollowness in the effort or a shallowness of the effort, then
1003 it will do no good. Does that answer the question?

1004

1005 ***: Yes.

The Mind was discussed on 86-09-27, the 143rd Trance.

The word “consciousness” first found on page 2344 line 529.

408 ***: My formal question that is typed out here is: Why do
409 negative thoughts come into your mind in the first place?

410

411 C: Probably because you do not have enough ... Well, we really
412 should not get this on a personal level, should we, (***)?

413

414 ***: I am not commenting one way or another.

415

416 C: After such serious things, a little jest is good, and since
417 (***) can take it, isn't that right, (***)?

418

419 ***: Doggone right.

420

421 C: Why do negative thoughts come into an individual's mind?
422 Again, it is something that there really is not an answer for. It
423 is an accumulation of what you are, what you have done. It is
424 impossible to eliminate every negative thought from your conscious
425 mind, but one should attempt to do is once the negative thought
426 enters, replace it with a more positive or constructive thought.
427 You cannot constantly be active twenty-four hours a day; you cannot
428 constantly have your thoughts elevated to the heavens; and it is
429 not expected. There are some natural thoughts that will come and
430 go in your mind, but it is the way you deal with such things will
431 determine what responsibility you have for that condition or that
432 situation. Do you understand?

433

434 ***: Yes. You mean a lot of the stuff that we drag with us into
435 the plan that we are unfolding when we come down or are
436 reincarnated, even though we might lay out, well I would hope we have
437 all laid out positive plans for growth ...

438 C: Well, not all.

439

440 ***: Well, I mean all of us people here. At least in western Stark
441 County. Even those who do have good plans or start out with good
442 plans, they still drag some of that dirty laundry with them that
443 they created in a previous lifetime that sort of bugs them as they
444 are growing up?

445

446 C: We are not so sure the term "dragging it with you" is as
447 accurate as it could be. It is definitely a part of you. It is a
448 part of the Subconscious area. Do you understand?

449

450 ***: Yes.

451

452 C: And the Subconscious is not something that comes and goes or
453 that you leave behind like your physical body. The Subconscious
454 Mind is simply another facet of the soul's awareness or the spirit
455 that is you, the unique personality that is you, and it is this
456 area that holds all the debts that you have encountered. Do you
457 understand?

458

459 ***: Yes.

460

461 C: And you as a spirit entity, you as the unique creation,
462 pick and choose according to the condition that you are in as
463 to what you are going to deal with. Now, the means of evolvement
464 or growth back to your at-one-ment with your Creator has been
465 agreed upon as a cooperative effort. Do you understand?
466 Consequently, you have your interreaction with each other,
467 the lives, the friends, marriages, what have you. Do you
468 understand?

469

470 ***: Yes.

471

472 C: All this that you term drag from the past is set up to deal

473 with in your relationship with others. So, it is a common
474 agreement, that can be changed, it can be changed. You can go
475 along a chosen or agreed upon path and decide to check out of the
476 situation and do so, so you are not predestined, even though you
477 have preplanned your experiences, they are not so firmly set that
478 they cannot be changed. Do you understand?

479

480 ***: Yes.

481

482 C: And there are situations where you cannot rid yourself of these
483 problems as quickly as you may like to because it may be necessary
484 for you to experience certain experiences to come to a deeper
485 realization or understanding. Also, in some situations it may be
486 necessary for you to carry that burden a bit longer so that you
487 also assist others in ridding themselves of their burdens. Do you
488 understand?

489 ***: Yes, I do.

490

491 C: Now, in a situation like that, again, when we make remarks like
492 that we realize that there are some individuals who are going to
493 rationalize and say, "Well, that's great, I can continue to do this
494 thing here because even though I have a spiritual awareness that
495 this is wrong I must continue to do this so I can give my dear
496 friend here a longer time to evolve." We are aware of such
497 attitudes. Again, again, you fool only yourself. You fool only
498 yourself.

499

500 ***: Are these prepackaged plans that we make, the whole
501 strategies we set up before we come back down here, how often do we
502 jump ship and change plans?

503

504 C: There are some individuals, to use your terminology, have quite
505 a track record of jumping ship, and, unfortunately, they may come
506 to a point where they wish they had not. If you can keep this idea
507 in mind: Each time you avoid a learning lesson, the next time that

508 lesson comes around it becomes that much more serious, a much more
509 serious situation you have to deal with.

510

511 ***: Is your Subconscious the biggest powerhouse we have in our
512 body?

513

514 C: It is the area that must be dealt with the most, we can use
515 that example. The power really comes from above the Subconscious,
516 the true you, the essence that makes you unique, or the essence
517 that you were created from, or as we have referred to it in the
518 past, the Breath of God that gave you life and made you unique.
519 That is the true power. The Conscious Mind that you are dealing
520 with is, probably could be explained simply by saying, it is
521 directly connected with the physical activities of the physical
522 body. Yet you do not lose your Conscious Mind when you lose your
523 body. The Subconscious Mind is the area that must be rebuilt. Do
524 you understand?

525

526 ***: Yes.

527

528 C: Now, we have spoken before about the Subconscious Mind, we have
529 spoken about the levels of consciousness. Even though we have
530 given some detail, by no means have we explained the vastness of
531 the Subconscious Mind. It would be virtually impossible to even
532 begin to explain the Subconscious Mind. This one would not have a
533 lifetime long enough to do that. So, you are talking about
534 something you cannot even begin to imagine, yet your concept of it
535 is sufficiently accurate to allow you to deal with it and make the
536 corrections necessary. Does that answer the question?

537 ***: Yes.

The Mind was discussed on 88-05-14, the 155th Trance.

The word “consciousness” was first found on page 2562, line 416.

325 ***: My question has partially been answered. I call it self-mind
326 control or visualization is the same thing you are calling meditation
327 for relieving stress, that was one of the things but you answered
328 that. But after you get to that meditative state, is it possible to
329 program yourself to think of only positive things instead of negative
330 or every time you would think of a negative thought, try and push it
331 out with a positive one? If so, is there a way to do that?

332

333 C: You can reconstruct your whole being through meditation, but in
334 order to do that you are going to have to face the negative thoughts.
335 Simply pushing them out of your perception will not always do it
336 because if there is a negative thought you must understand why it is
337 there. Is it a part of you that is surfacing? Or is it just some
338 abstract thought that is floating in? If it is a part of you that
339 must be faced, then the simplest way of reconstructing yourself or
340 changing yourself into a more positive and growth-oriented person is
341 to face that negative image or whatever. Once you have faced it and
342 dealt with it, then that is one item out of the way or one stumbling
343 block out of the way that permits even greater growth.

344 Visualization is only a part of meditation, and true meditation,
345 a very profound meditation or deep meditation, is usually instigated
346 through visualization. And once one has reached that very quiet state
347 where there is a passivity of the body or a quietness of the body and
348 an openness of the mind, then meditation actually begins. But what
349 one visualizes prior to that point is what will set the stage for
350 meditation or what one might hope to receive in the actual meditative
351 state.

352 So the process of visualization is really a calming of the
353 physical body, eliminating the awareness of the physical body, the
354 stress of the physical body, and conditioning then the conscious mind

355 to higher thoughts. And once the conscious mind is conditioned to the
356 higher thoughts and the body has been put to rest, then the real
357 meditation or meditation for guidance purposes can take place. But
358 at best in most individuals or shall we put it this way, in all but
359 a few individuals there are only sporadic moments of true meditation
360 where one is open for real guidance from either outside sources or
361 one's higher self. Many people feel as though they receive a great
362 deal of guidance and what have you, but this is not generally the case
363 as their life more than adequately shows it. So those who are truly
364 proficient in meditating have a lifestyle that shows it, that shows
365 what they have accomplished and what they have received, but as we
366 said, the real high point or connecting point in meditation is
367 something that comes and goes during the overall meditation period.
368 Only the very advanced can sustain that open channel with some degree
369 of control. Does that answer the question?

370

371 ***: Yes, it does, thank you.

372

373 C: You are most welcome. One should keep in mind when it comes to
374 meditation, the best way to enhance your meditation or to make it more
375 productive is to keep it as simple and natural as possible, and the
376 more frequent one meditates, and this is on a regular basis, the
377 more proficient they become, the more they are able to bring their
378 physical body into a respectable state of passivity or relaxation and
379 the more attuned then their conscious mind can become to whatever is
380 to transpire. So if you want to become or want to develop meditation
381 that is extremely productive, the more frequent that you meditate, the
382 better you will become. It is not necessary to have these prolonged
383 periods of meditation. The actual exercise of going into meditation is
384 as much value if not more, in most cases, than a prolonged meditation.
385 Prolonged meditation may be beneficial for those who are poor of
386 health in that the period of time gives the body a longer period of
387 time from stress. Also, unless one is meditating for a specific
388 purpose, lengthy meditations are not really as important as shorter,
389 frequent meditations. As we said, an advanced meditator might choose

390 to meditate for a considerable length of time, particularly if there
391 is a problem that must be solved. Has that added any more insight
392 into the situation?

393

394 ***: Yes, it has. Thank you very much.

395

396 C: The whole situation with meditation: If one, in the visualization
397 portion, wishes to reconstruct themselves in a particular way, simply
398 by visualizing themselves in a particular way could be very
399 influential in making that change or bringing that situation about.

400 But again for something like that the shorter meditation more
401 frequently would be far more productive than a sustained or a long
402 meditation particularly when it would deal with a physical problem or
403 a health problem. Meditating three times a day, visualizing the
404 health condition changing for the better would be far more productive
405 than one long, sustained meditation a day because in the shorter
406 period you are generating more visualization power.

407 It is interesting or should be interesting to all of you that
408 many times when surgery is performed on individuals, what would
409 normally be considered a fairly routine bit of surgery, why is it for
410 no particular reason at all a patient dies where the same routine
411 surgery has saved or improved the health of many people?
412 One should consider what is transpiring in the physical body
413 when it comes to putting the body to sleep for surgery. Is that body
414 truly asleep and unaware of what is going on? Well, that physical
415 body is as aware of what is going on as if it had nothing to numb it
416 or quiet it down or to eliminate the consciousness or the awareness.
417 The consciousness is always there. That body that has been put to
418 sleep for surgical purposes is really in a state of suspension and
419 nothing else. It is true that certain portions of the body will not
420 complete the circuitry necessary for the brain to be aware of pain or
421 cutting, but nevertheless at a very subliminal level the body and the
422 brain are communicating with each other very completely, and the brain
423 does know that there is an invasion in that body. Yet it can
424 compensate or it can tolerate that as long as all other conditions are

425 appropriate, and in an operating room, those who are in charge or are
426 in the immediate vicinity of the physical body being operated on
427 should be extremely careful as to what is said because the
428 subconscious mind registers every word. If a doctor makes a remark
429 that the simple subconscious mind would interpret as a danger signal
430 or that possibly life is leaving that body, that could be the very
431 thing that would bring a death to an individual who is undergoing
432 a relatively simple or common surgery.

433 So, this shows you how the mind can work and the power of
434 altering that conscious state, whether it is through an anesthetic or
435 whether it is through meditation because there is a degree of
436 commonness between the meditative state and the physical body that
437 has been put into a state of suspension through an anesthetic.
438 If you choose to insure your success through a surgery, instruct
439 your physician not to talk about any problems that might be
440 transpiring, that refer to the whole situation as a very positive
441 procedure. If a physical body does seem to not respond normally to
442 a specific surgical procedure, if the physician would simply talk to
443 the person, the entity that they are operating on, and encourage that
444 person to control its heartbeat or its respiratory system. Say, for
445 instance, the heart begins to beat too fast or flutters. Simply by
446 addressing that patient, even though they may be unconscious because
447 of an anesthetic, simply addressing that patient to control the
448 heartbeat, bring it into what would be normal for the situation, can
449 many times save unnecessary problems.

450 The same thing can be done by an individual in controlling their
451 own physical body and improving their health through meditation by
452 visualizing things that need to be corrected. And the more frequently
453 you do it, the more potent the visualization becomes. Very well.

454

455 ***: Thank you.

456

457 C: You are most welcome.

458

459 ***: I am understanding then that if we are facing surgery we can

460 ask our doctor for a few minutes to meditate and then we would need
461 less anesthetic and prevent being overdugged or coming through the
462 operation easier, right?

463

464 C: Well, that is not what we said, but by meditating prior to a
465 surgical procedure, you may put your frame of mind and your physical
466 body more in tune with what is going to transpire so that it would be
467 less stressed. Do you understand?

468

469 ***: Yes.

470

471 C: Eliminating the stress increases the potential for success as far
472 as surgery. But what we were talking about is if a person is put to
473 sleep for the purpose of surgery, we were trying to compare the states
474 that exist, as far as the curative potential of that state or the
475 beneficial potential of that state and what can be achieved in the
476 physical body through those states because there is a relationship to
477 a body that has been anesthetized and one that is in meditation. Now,
478 they are not the same, but there is a relationship there, and under
479 both situations the physical body can be influenced to be more natural
480 or normal. Do you understand?

481

482 ***: Yes.

483

484 C: Or to control itself a little better. Now, does that make it any
485 clearer?

486

487 ***: Yes, it does, but I have another question also. Getting back
488 to meditation and keeping it simple but daily, asking a question about
489 incense. Does that really offer any help being that we have been
490 using incense in church? Does that really help us to relax more or
491 offer something?

492

493 C: Well, it really is nothing more than a placebo, to be very honest
494 with you. Fragrances are not going to do anything for your meditation

495 or for your prayers other than from a psychological level, but there
496 are some people who definitely feel that this can do much to help
497 their meditation. If they really believe it and feel that it is
498 necessary, then they will find that they will have to use it. A
499 simple example: Suppose you are meditating in your home and your
500 favorite pie happens to be an apple-cinnamon pie, and someone starts
501 baking an apple-cinnamon pie just as you are going into a meditative
502 state. If that fragrance or aroma reaches your nostrils, are you
503 going to be able to concentrate on your meditation or is this going
504 to weaken that effort? Now, if it will increase it, then fine and
505 dandy, but if it would decrease the concentration factor, then
506 possibly burning an incense of whatever is pleasing to you might help
507 eliminate the distraction of the apple-cinnamon pie. Do you
508 understand?

509

510 ***: Yes.

511

512 C: It really does not do anything other than may act as a placebo
513 effect with some individuals. The problem with such things is that
514 if you choose to meditate, say, at your workplace or someplace where
515 there is not the controlled environment that you would normally have,
516 if you find it necessary always to use fragrances and it may be
517 necessary then to meditate in a situation where those fragrances are
518 not readily available, then this may prevent you from meditating as
519 deeply. Do you follow what we are saying?

520

521 ***: Yes.

522

523 C: Our advice would be: Use as little of that type of crutch or what
524 have you as you have to.

525

526 ***: Thank you.

527

528 C: You are most welcome. Remember, meditation is the learning of
529 the discipline of the mind and the control of your total being, and

530 the more that responsibility falls on your pure desire to do it, the
531 better it is going to be for you. Whenever you get involved with
532 incenses and candles and all this other stuff, you are not taking full
533 control as you should, and they in most cases will be less productive
534 than if you were to utilize meditation just as simply as possible.
535 Very well.

536

537 ***: Yes. I wanted to know about this (***). Can that be harmful
538 to a person or used negatively? Because I know it is pretty strong,
539 a lot of people are into it?

540

541 C: Well, really, what are they saying? It is just another form of
542 meditation based more on affirmations, and those people who need
543 constant, repetitious affirmations and things like that want to
544 eliminate the responsibility that they have for a situation and let it
545 be governed more, controlled more, by such things. Anything of that
546 nature can always be used by unscrupulous people in a negative way.
547 Do you understand?

548

549 ***: Yes, I am aware of that.

550

551 C: But you can gain as much mind control simply through the
552 meditative processes because that is the ultimate controlling of self.
553 In a meditative state, by visualizing certain things that you want
554 can be even stronger than affirmations. But then, too, both can
555 be used together, if before actually starting your meditation, you
556 were to sit quietly or lay quietly or whatever position you use for
557 meditation and repeat a number of positive affirmations to yourself,
558 and an affirmation must be very simple. It cannot be a complex
559 thought. It has to be reduced to something very simple that, let us
560 say, a four or a five or a six-year old would understand because the
561 affirmation is not to affect the conscious mind but to affect or
562 influence the subconscious, and the subconscious only works at its
563 maximum when its instructions are very simple and straightforward.
564 So that, if one takes a few moments before entering meditation and

565 they make a number of very simple, positive affirmations and then go
566 into a meditation, they have planted the seeds or established seeds
567 that then can be incorporated into a more fertile ground for growth
568 through the meditative processes. Now, if during the meditative
569 situation, one also then visualizes these positive affirmations, then
570 you have a double shot of potential change. Do you understand?

571

572 ***: Yes.

573

574 C: That is why, another bit of information that would add to what we
575 have said just a few minutes ago, if during surgery the breathing does
576 not occur as it should or the heart begins to flutter, a very simple
577 instruction to that patient, even though they may be asleep or under
578 an anesthetic regardless of how potent that anesthetic may be,
579 repeating very simply what you want the physical body to do, but you
580 do it on a personal level. You will control your heart or you will
581 do this or you will do that, very simply, will be taken much quicker
582 by the subconscious mind and put it into action in the physical body
583 because the subconscious mind or part of the subconscious mind
584 controls the autonomic system of the body. And whenever anything
585 influences that whether it be a medication or some careless remark
586 made by a nurse or a physician in the operating room, it can be
587 corrected very quickly and very simply with the proper instruction to
588 the physical body. Again, to make it more personal and more productive
589 and to get a quicker response if there is going to be one, the
590 individual should be addressed by their name, such as, "Martha, do
591 this with your heart," or "Martha, do that," or "Martha, calm down."
592 Very simple things like that and really in such a manner so as that
593 a four or five-year old child would understand, this can save an awful
594 lot of problems. Very well.

The Mind was discussed on 88-05-14, the 155th Trance.

The word “subconscious” was first found on page 2568, line 682.

645 ***: Could you tell us the major differences between meditation and
646 self-hypnosis?

647

648 C: Between meditation and self-hypnosis, the difference would be
649 based solely on the concept that an individual would have. If a brain
650 wave scan could be taken of that same individual inducing self-
651 hypnosis and meditating, there would be barely anything noticeable
652 except possibly at more of a physical level than anything else. The
653 big difference between hypnosis, self-hypnosis, and meditation is the
654 attitude of the individual going through those processes, and the real
655 difference would lie basically in whether you are allowing someone
656 else to guide you, do the work for you or guide you into that state,
657 or whether you are assuming the responsibility yourselves. There is
658 a lesser degree of in-depthness with hypnosis and self-hypnosis than
659 there would be with meditation. So, meditation would be a more
660 profound experience or a more in-depth experience, if one is using
661 those three processes to make positive changes in themselves. Do you
662 understand?

663

664 ***: Yes.

665

666 C: With meditation you are taking control, you are doing the full
667 action yourself, so the potential for success would be about equal
668 with self-hypnosis and hypnosis, but the sustained success would be
669 far greater since the initiation was on your part and the full control
670 was on your part. Do you understand?

671

672 ***: You don't have the full control with the self-hypnosis?

673

674 C: You have full control, but self-hypnosis is induced or the state

675 is induced through a conscious effort with certain limitations, (now,
676 listen), with certain limitations pre-subscribed to by one's concept
677 of hypnosis and self-hypnosis. So there is a built-in limitation
678 there before you even begin. Do you understand? The limitation comes
679 from what you expect and what you do not expect.

680 Those who feel that hypnosis can perform miracles are
681 automatically throwing up a hindrance or a block because in the
682 subconscious mind and in the conscious mind, the relationship between
683 those two minds and the viewpoint on miracles. Do you see the
684 contradiction or the disagreement there? So this automatically causes
685 a hindrance, not necessarily a total stop of the possible success, but
686 you are immediately slowing the progress up there. If someone else
687 performs the hypnosis, there is always a degree of mistrust whatever
688 the situation is. This is a natural process or a natural attitude
689 whether it is totally conscious in the mind of the person being
690 hypnotized or not. So there is a natural protector there at a
691 subconscious level that will add a certain degree of caution or
692 nonacceptance. Do you see?

693

694 ***: Yes, I am beginning to see.

695

696 C: And since meditation is a natural thing to the body and every body
697 undergoes it at least twice a day, the total system of the individual,
698 the subconscious and conscious mind, the higher self, does not find
699 a need to resist as strongly. Do you see? Or the barriers of
700 protection are not as steadfastly erected.

701

702 ***: Do you say at least twice a day we go into a meditative state?

703

704 C: Well, certainly. Upon waking and upon falling asleep. Those who
705 take their naps during the day can just multiply that again. Add two
706 more for each nap you take a day. So those who do not care to
707 initiate meditation a couple of times a day, take a few naps each day
708 and you will do something, but we cannot guarantee what. One thing
709 for sure, you should be a little more rested. Very well. Does that

710 answer the question?

711

712 ***: Yes, it does.

713

714 ***: For those just learning to meditate, how long do you recommend?

715

716 C: Oh, a simple short meditation for beginners, since most people
717 are not accustomed to sitting still, ten minutes.

718

719 ***: As they progress, how long should it be?

720

721 C: A good or average meditation should take approximately twenty
722 minutes, twenty-five minutes. So, if you were to go anywhere from
723 twenty to thirty minutes, at maximum, we would say this would be a
724 good productive period of time. Now, for a more advanced meditator
725 who wishes to use meditation in a constructive form or creative form,
726 then half hour to forty-five minutes of concentration would be good.

727

728 ***: I don't understand what you mean when you said, "advanced
729 meditators who wish to use it in a constructive or creative form."

730

731 C: Well, if you wish to use meditation as a constructive tool to help
732 another individual at a physical level, or if you wish to meditate on
733 the family unity or becoming more productive, then you would use a
734 creative meditation of thirty to forty-five minutes or even an hour.

735

736 ***: I see.

737

738 C: You see, what you can do for yourself in meditation, a proficient
739 or efficient meditator can do the same thing for others and for a
740 family situation.

741

742 ***: But they are rather rare?

743

744 C: Well, certainly, certainly. Although that does not mean that it

745 cannot be attempted by anybody. All of you here, develop to the point
746 where you can induce a deep meditation in, say, twenty minutes and
747 then visualize whatever picture in your mind presents the picture of
748 love, and envision your family in that picture. And if you continue
749 that, the family will grow closer together. Those problems that may
750 be within the family will begin to heal slowly but surely, and the
751 more concentrated that you can create that picture, the quicker the
752 situation will evolve. And you will still not be infringing on the
753 rights or free choices of any member of the family, because what you
754 will actually be doing is instead of influencing each of the members
755 of the family, you will be influencing the atmosphere within the
756 family, thereby making it more productive for the best of all members
757 to be demonstrated. Do you see?

758

759 ***: Yes. Thank you.

760

761 C: You are most welcome. If you want to help your children, we have
762 said this in the past, if you want to help your children to be better
763 people, to be more productive people, to experience their full
764 potential, as the child is falling asleep at night, talk to them.
765 Tell them that they are loved by their Divine Creator and that their
766 Creator respects them therefore they must respect themselves, and use
767 that approach. If you wish to establish a morality or help the
768 goodness of that soul to come out in the physical body, repeat the Ten
769 Commandments to that child because they are basic principles of God.
770 And if you do that as the child is falling asleep each night, that
771 child will be a much better and wholesome person as they grow. But
772 how many parents have the time to spend fifteen minutes as the child
773 is falling asleep repeating anything so positive? They must tuck the
774 kids into bed very quickly and run back to the idiot tube. Very well.
775 Does that answer the question?

776

777 ***: Yes, thank you.

The Mind was discussed on 88-05-14, the 155th Trance.

The word “subconscious” was first found on page 2568, line 682.

779 ***: I have talked with several different people, I thought maybe
780 there was something wrong with me, I go through periods when you are
781 meditating you stay awake but then there comes a point when after a
782 couple of weeks you just nod off. Is this natural? Or is there some
783 way that we can prevent this from happening?

784

785 C: Well, sometimes nodding off is not really nodding off, but what
786 you are doing is switching gears into a different frame of mind or an
787 altered state where the conscious mind is not perceiving what is going
788 on, and many times people feel as though they have fallen asleep or
789 nodded off, when in fact they have not. They have just had some
790 things revealed to them at a subconscious level that would not serve
791 them best if they recognized it or became aware of it at a conscious
792 level. Now, it is not always easy to tell and in most cases one can
793 never tell whether they fell asleep or the other situation transpired.
794 Rest assured that if you fell asleep, your physical body was far more
795 in need of sleep and rest than you were of anything in meditation.
796 It is something not to worry about. Let it happen naturally.

797 If you feel that you may be falling asleep and you wish to give
798 yourself a peace of mind, the suggestion would be to take a nap and
799 then upon resting, attempt to meditate. If you see that these
800 blackout spots or this nodding off, does not occur then, then you may
801 assume, but again it is only an assumption, that possibly you needed
802 rest. If they continue after resting or taking a slight nap, then you
803 can more or less figure that you are shifting gears into another state
804 of consciousness wherein the subconscious is being dealt with more
805 directly. If you find this to be the case then, most assuredly the
806 visualization period should be intensified and affirmations should be
807 utilized prior to the meditative state. Then you will get quicker
808 results. Does that answer the question?

809

810 ***: Yes. It makes me feel much better. Thank you.

811

812 C: Very well. You are most welcome.