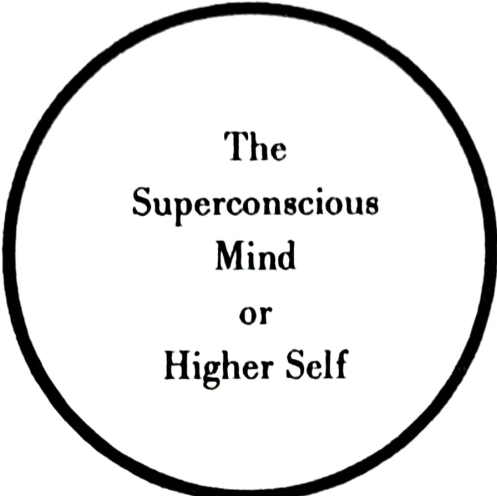
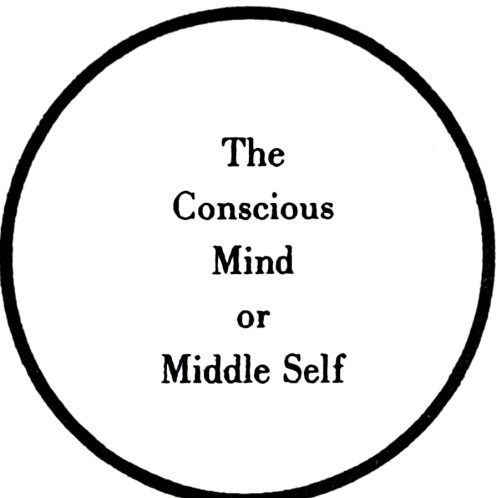


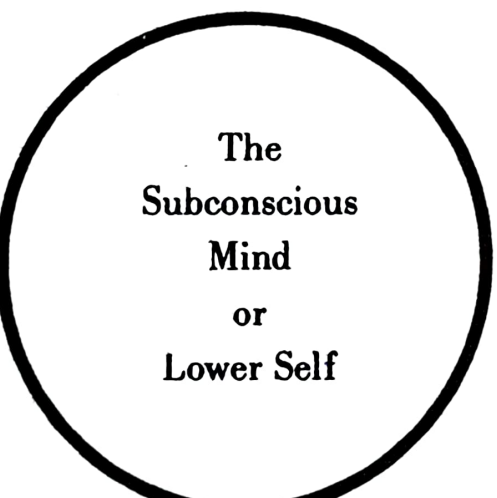
# The Three Minds



The  
Superconscious  
Mind  
or  
Higher Self



The  
Conscious  
Mind  
or  
Middle Self



The  
Subconscious  
Mind  
or  
Lower Self

## The Spiritual Mind

1. Can be contacted through:
  - a. Meditation
  - b. Dreams
  - c. Journaling
  - d. Intuition
2. Can help us only if we ask for assistance. Does not interfere with our free choice on a conscious level.

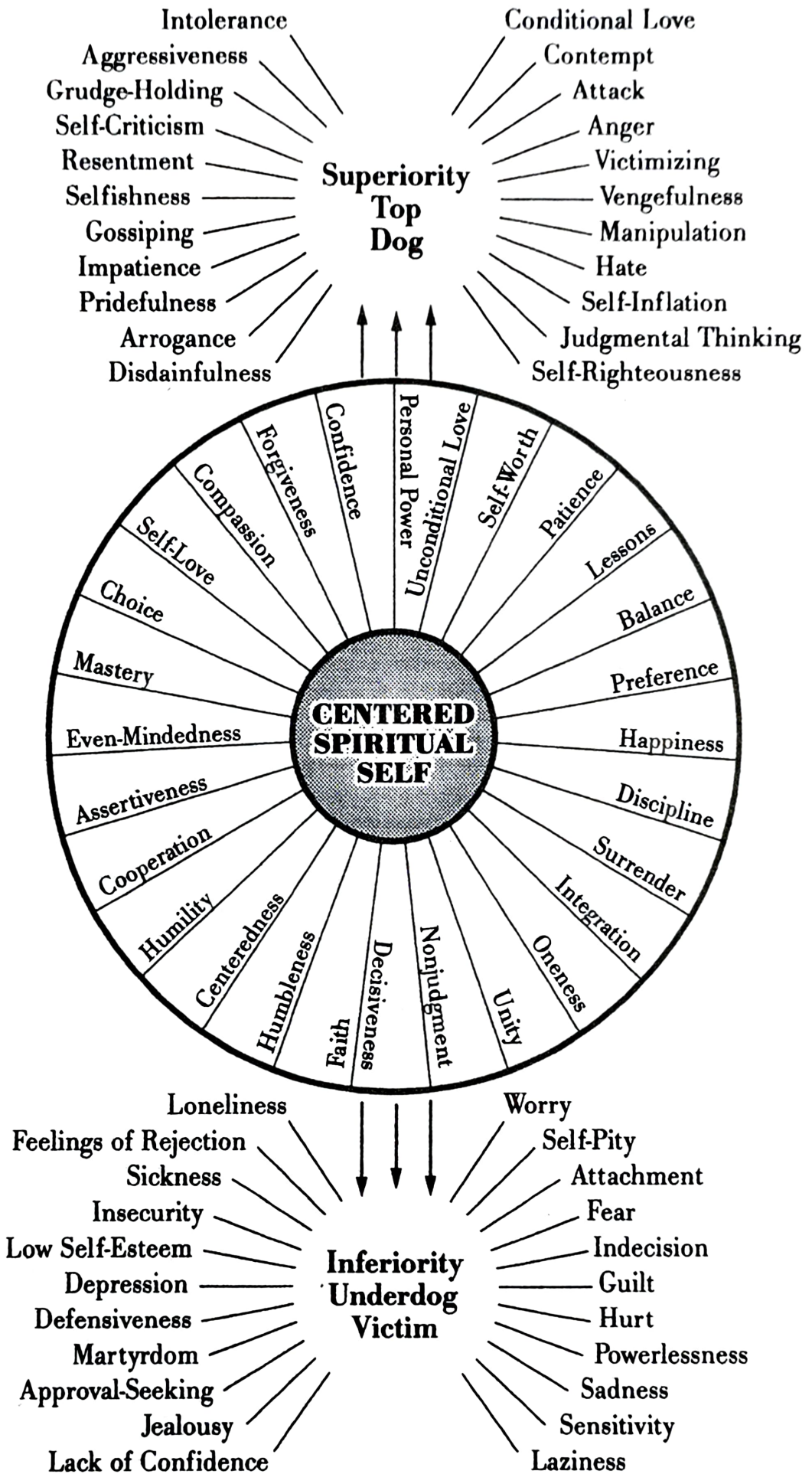
## The Reasoning Mind

1. Executive Director
2. President of the personality
3. Captain of the ship
4. Computer programmer
5. Gardener
6. Decision-maker
  - a. Will power, discipline, discernment, discrimination, concentration, reasoning.

## The Non-Reasoning Mind

1. Works on impressions, stimulus/response.
2. Is a memory bank and file of thoughts, feelings, memories, imagination, habit patterns, impulses, desires, instincts.
3. Operates physical body.
4. Creates most dreams.
5. Creates vital force.
6. Works twenty-four hours a day.
7. Functions according to the law of attraction.
8. Examines, classifies, stores information.
9. In metaphorical terms is the computer, garden, engine room.
10. Plays a key role in the prayer process.
11. Controls the inner senses (visualization).
12. Radiates senses.
13. Creates threads of energy that contact both objects and other people.
  - a. Can leave body and follow those threads (as in the use of pendulums, psychometry, psychokinesis).
  - b. Can send vital force and thought forms along these threads (as in telepathy and prayer).

# PSYCHOLOGICAL CENTERING MODEL



<u>Ego's Attitude</u>	<u>Spirit's Attitude</u>
Attack, Fear	Love!
Selfishness	Selfish-selfless balance
Grudge-holding	Forgiveness
Top dog/Underdog	Equality
Competition	Cooperation
Judgment	Spiritual discernment
Guilt	Innocence
Self-righteousness	Detached personal opinions
Fights universe	Accepts challenges
Bummers, problems	Lessons, challenges
Pessimism	Optimism
Insecurity, self-doubt	Self-confidence
Powerlessness, lack of control	Personal power, self-mastery
Anger, depression	Lessons, emotional invulnerability
Defensiveness, hurt	Love
Neediness, dependency	Preference, want
Victim; effect	Master; cause, chooser, creator
Feels self-pity	Takes responsibility
War	School
Learns by karma, school of hard knocks	Grows by state of grace the easy way!
Subconscious control	Conscious control
Impatience	Patience
Suffering	Joy and happiness
Reactive	Responsive
Vulnerability	Invulnerability
Sin	Mistakes
Attachment	Involved detachment
Laziness/Procrastination	Discipline
Jealousy	Whole and complete, non-attached
Law of the jungle	What you sow, you reap
Demanding	Requesting
Moodiness/bad moods	Good mood all the time
Self-punishment	Self love and forgiveness
Mistakes/negative	Mistakes/positive
Lampshade over light	Light!
Ego sensitivity	Unchanging self-worth
Must prove self to obtain worth	Worth/spiritual inheritance
Mud on diamond	Diamond!
Giving is losing	Giving is winning
Stealing is gaining	Stealing is losing
Rejection	Remaining centered/whole; knowing it was not meant to be
Self-centered	One team
Intimidation	Uses power appropriately
Automatic pilot	Consciously creates life
Overindulgence & under-indulgence	Balance, integration, moderation
Run by past thoughts & future fears	Now/present-centered
Loneliness	Finds wholeness in self
Stranger	Brothers and sisters
Embarrassment	No judgment
Selflessness (martyrdom)	Selfish-selfless balance

<u>Ego's Attitude</u>	<u>Spirit's Attitude</u>
Gossips	Remains quiet if judging
Seeks approval or control	States preference and accepts
Worry about others' opinions	Inner-directedness, non-conformism
Worry, anxiety	Faith, trust in self, higher power and laws of universe
Indecisiveness	Decisiveness
Envy	Joy in another's abundance
Attachment to other people's lessons	Responsibility only for own lessons
Comparisons	Inner-directed/secure
Undeserving	Deserving
Sickness	Perfect health
Sexuality (without love)	Sexuality (with love, caring, intimacy and pleasure)
Poverty consciousness	Prosperity consciousness
Arrogance and pride	Humility, humbleness, gratitude
Sullen, serious, over-involved	Humor, objectivity, perspective
Fault-finder	Lifter of others
Rebel or conformist	Inner-directed
Curses	Blesses
Scattered	Focused, purposeful
Fear of failure or success	Successful
Aggressiveness	Assertiveness
Harshness	Gentleness
Emotional roller coaster	Emotional stability
Disorganization	Organization
Boredom	Enthusiasm
Abandonment	Whole, complete within self
Sadness and grief	Even-mindedness; joy; acceptance
Disappointment	Involved detachment
Rationales and excuses	Self honesty, tough love
Immature honesty	Spiritual honesty
Folds up under tension or lesson	Withstands tension or lesson
Needs center stage or hides in fear	Takes center stage, neutral, back stage at appropriate times
Conditional love	Unconditional love
Inappropriate response	Appropriate response
Rejecting	Accepting
Lessons as punishment	Lessons as gifts
War zone, dog-eat-dog world	School for spiritual evolution
Total power, no surrender or total surrender, no power	Power plus surrender
Limited	Unlimited or limitless
Intolerant	Tolerant
Conflict	Peace
Illusions	Truth
Hypocritical	Honest, consistent
Despair	Hope
Closed-minded	Open-minded
Distrustful	Trust and faith in self and others
Defensive	Defenseless, nothing to defend