

The Mind – Part 1

Trance Library File No. 94-48

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 mergence 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 1944. 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.
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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.

The Mind was discussed on 75-10-03, the 15th Trance.

The word “consciousness” was first found on page 208, line 934.

928 ***: Okay, I understand. We had a series of questions on
929 hypnosis. When you go into hypnosis, where are you?
930

931 C: That is not a question that can be answered quite as simply as
932 it is stated. Depending on the individual, depending on how deep the
933 hypnotic trance is will determine where you are or where you go.
934 There are many levels of consciousness to each individual or
935 subconscious levels, therefore one must be careful . . .
936 (end of side)

937
938 ***: In hypnosis, can you tap into erroneous information?
939

940 C: Most assuredly, there are many levels or personalities or
941 subconscious individuals within that individual so to speak.
942 There is an opportunity to become involved with that portion of
943 you that is not the most pleasant or the most honest. Therefore,
944 naturally, the information would not be correct. Man does not
945 fully understand himself physically, let alone emotionally.
946

947 ***: So then how much is correct information would depend on which
948 level that you were at?
949

950 C: Yes. In generally speaking an individual will return basically
951 to the same level for information depending of course on the
952 information requested.

953 ***: Do you mean by that that an individual will decide upon a
954 certain level and then will generally always return to that?
955

956 C: This depends then on the individual. Some can choose to
957 return to a specific level, others cannot. This goes beyond

958 your ability to understand, it goes beyond the ability of even
959 the most advanced of doctors to understand. An individual can
960 be directed to return to a specific level of hypnosis or
961 information if that individual is guided properly and in a consistent
962 manner or suggestion made that the individual return there.

963

964 ***: What is the value or danger of hypnotic regression to get
965 past lives?

966

967 C: Some common sense along this line would be all that you would
968 need to answer the question. But let us look at it from this
969 point. Through hypnotic regression you as an individual or the
970 hypnotist does not actually have the control that should be there.
971 You may journey through experiences in either the present life or
972 in a past life that would cause such a trauma in the present
973 existence that one would never fully overcome in the present. Is
974 this understood?

975

976 ***: Yes.

977

978 C: The worst vainness of an individual is to undergo hypnotic
979 regression. This is the epitome of vanity as far as we are
980 concerned. You have no governing ability whatsoever. You do
981 not know where you will go, nor can you actually rely on the
982 information as far as whether it is legitimately a past life,
983 for you may be recalling something that you have read when a
984 child or have heard of when a child or in fact even read as a
985 book in a past life. Is this understood?

986

987 ***: Yes.

988

989 C: This is not advised whatsoever. If one wishes to have past
990 lives recalled, it would be safer and wiser to go to a past
991 life reader. Those who use hypnosis are just asking for serious
992 problems. Even at its best it proves nothing. Hypnosis can be

993 beneficial to man when it is used for his benefit, but such things
994 are useless. Past lives do not actually prove that the soul is
995 continuous, when done with hypnosis. This is really more of a
996 money-making situation than anything if the truth be known.

The Mind was discussed on 76-06-11, the 23rd Trance.

The word “subconscious” was first found on page 300, line 382.

340 ***: Is this trance state a self-induced hypnotic state or a deep
341 state of self-hypnosis?

342

343 C: If this particular trance state that we speak through is in
344 question it is not a hypnotic state. Self-induced, yes, but from
345 a much higher level than what you are seeing. You see only the
346 physical. In this particular state what this entity does begins
347 first from the spirit level, in that the spirit begins to raise
348 the vibrations of the physical. One can look at it in this manner.
349 You have point B here that you can see and point A that you cannot
350 see. Point A being us. This particular entity is capable of
351 extending his vibrations from its physical manifestation to where
352 we are. First raising the physical vibrations, then raising that
353 portion which still touches in with the physical. As it gains
354 distance, so to speak, from the physical to point A or us, those
355 vibrations become higher. In other words it is like a ladder from
356 point A down to point B, those steps closer to point A being of a
357 higher vibration gradually coming down so that it still maintains
358 a physical manifestation. As we have said before we are in
359 coexistence at this time with the actual spirit entity that is
360 manifesting. Do you understand this?

361

362 ***: Yes. I believe I understand the coexistence.

363

364 C: Very well. What we are saying, we are somewhat riding piggyback.
365 Do you understand this?

366

367 ***: Yes.

368

369 C: This is about as simple of a way of describing what is going

370 on. This differs from other forms of trance, in that in other
371 forms the spirit which manifests in the physical that is being
372 used in the trance must be overridden by the spirit entities that
373 are using the voice box. In this particular case since the entity
374 is quite capable of raising its vibrations then it does so allowing
375 a coexistence.

376

377 ***: Okay. What is the difference between this trance and a
378 hypnotic trance?

379

380 C: Under hypnosis what basically is done is that the physical is
381 quieted down so that it does not interfere with the mental
382 processes, whether they be called subconscious or other terms.

383 The subconscious, as man refers to it, is nothing more than a
384 filtering screen or a collection of ideas that the spirit must
385 work through. This limits direct communication with the spirit.

386 The subconscious is what hinders the spirit; what teaches the
387 spirit; what allows the spirit to manifest in the physical. So
388 information obtained through hypnosis must be filtered through
389 the subconscious. If an entity has developed certain abilities

390 C: from past experiences where the subconscious can be minimized,
391 we are referring now to the filtering process as we have described
392 it, then this can be minimized then information brought in from
393 the spirit's own knowledge or its ability to tap into the different
394 levels can be reached. At times if the filtering is too strong,
395 then the information is colored by the personality. Do you
396 understand this?

397

398 ***: Yes.

399

400 C: It is not the easiest thing to explain, but if one remembers
401 this, that what is between the physical and the actual manifesting
402 spirit is the subconscious, and it is a matter of doorways, and
403 through hypnosis the mind is directed inward through a door at a
404 time. As one goes deeper or higher or outward whichever term one

405 wishes to use, depending on the subject of course, the doors
406 become somewhat thinner, and thereby allowing that information to,
407 so to speak, be heard through the door, so that what the door
408 consists of will have a tendency to color that information as it
409 penetrates through the door as opposed to opening the door and
410 hearing it direct. Do you understand this now?

411

412 ***: Yes. So that the trance state would be more like that open
413 door, as the hypnotic is hearing it through the door.

414

415 C: That depends on which trance state you are referring to.

416

417 ***: This trance state.

418

419 C: As we have said in the past this particular trance state is a
420 direct link. There is no coloring by the personality.

The Mind was discussed on 77-07-09, the 31st Trance.

The word “subconscious” was first found on page 442, line 173.

156 ***: The question we have is why does the physical deceive the
157 spiritual and the passage where that question came from started
158 out or where you said, "One must learn to control the physical
159 so that the physical does not control the spirit. The spirit
160 seeks to develop itself to the higher realms. It wishes to become
161 perfected so that it can co-exist with the Infinite Father. At
162 times the physical is quite shrewd. It has a way of clouding
163 over what the spirit or soul is attempting to inform the physical
164 mind. So then the physical moves from place to place searching
165 only the physical desires and not the spiritual gifts."

166

167 C: And the question?

168

169 ***: The question is, Why does the physical deceive the spiritual
170 and by what means is this done?

171

172 C: Part of the physical manifestation is that area of the mind
173 that one would refer to as the subconscious, shall we say. Now
174 in the very closest touching of the subconscious, in other words
175 that part of the subconscious that lies just beneath the conscious
176 awareness is the collection of all the physical experiences in the
177 present experience and that which has called the regression or
178 downfall of the entity in past physical expressions. Now it may
179 not be there in an awareness of a past expression, but the fault,
180 shall we say, is there. An example, suppose in another expression
181 an entity, shall we say, had a lack of control over the sexual
182 appetites, the very base, base appetites of the physical. Then
183 this is the aspect that must be brought under control. When the
184 entity develops then in the present expression, those weaknesses
185 that must be strengthened then come closest to the surface of the

186 subconscious. Is this understood?

187

188 ***: Yes.

189

190 C: Very well. That being the closest to the conscious level

191 then the guiding forces of the spirit itself must pass finally

192 through that last layer. Do you understand this part?

193

194 ***: Yes.

195 C: Passing through the last layer then this will be the most

196 governing aspect of the physical. This will be where the physical

197 will have its weakest tendencies. The physical manifestation has

198 a life force, shall we say, of its own. It is quite alive separate

199 from the manifesting spirit, yet it is very directly connected.

200 Now under no circumstances should anyone assume that we are saying

201 that the physical body is in total a separate thing. It is not

202 a separate thing. But in the spirit's creation of that physical

203 tool in which it works, the physical tool is the furthest from

204 the spirit that is creating it or the entity that is creating it,

205 it is like the toe from the top of the head. Is this understood?

206

207 ***: Yes.

208

209 C: In other words the toe being the physical tool in which each

210 of you are developing, and the top of the head then being the

211 creating spirit, so to speak, or you as a real and true entity,

212 you as the creation of the Divine Father. Now because of your

213 lack of control over a period of time certain weaknesses or flaws

214 have been allowed to develop in the spiritual aspects of yourself

215 and those that are the weakest then are brought closest to the

216 physical so that the spirit then may learn through necessity to

217 control by creating a more perfect physical condition in which to

218 work. Is this understood?

219

220 ***: No.

221

222 C: Not only do you create your own physical body, but you also,
223 shall we say, help create that condition under which you are born
224 by the fact of choosing who your parents are, choosing those
225 parents that will offer you the best point of growth. Now is
226 this understood a little better?

227

228 ***: Yes.

229

230 C: If once the material is typed up, it is read over, with some
231 study it will become more clear. The weakness of the physical
232 is the weakness of the creating spirit or soul or entity. If
233 an entity as we said before has no control over his most base
234 desires now that is because he must learn to control them. This
235 is more than likely because of a past expression. In this respect
236 then since it is part of the subconscious that is the closest to
237 the physical, it works more directly with the physical. It is
238 more part of the physical. Even though it is not a physical thing
239 it is more part of the physical. So thus then the physical and its
240 closest subconscious awareness tries to, shall we say, outwit that
241 creating force, so that the entity must learn then to gain better
242 control in the situation it has chosen. Very well.

The Mind was discussed on 77-07-09, the 31st Trance.

The word “brain” was first found on page 444, line 258.

248 ***: In Trance #12 you state that "psychic abilities are mere
249 mechanical actions of the body." Can you explain how this is a
250 mere physical action? What's the triggering device, etc.?
251 The quote is, "The psychic ability of an individual is a
252 mere mechanical action of the body as is being discovered presently."
253 And we wanted to know can you explain how this is a mere
254 physical action and what is the triggering device, etc.?
255
256 C: The bringing into play of the psychic ability is brought
257 about through, shall we say, what is called a short-circuiting
258 of the two lobes of the brain. This is a, shall we say, physical
259 action. If those that have the ability to investigate such
260 things were to attempt to search this out they would begin to see
261 this is a happening that is consistent. Now the short-circuiting
262 which is the mechanical function is brought about not by the
263 physical itself but is brought about by the attitude that is
264 instigated. So then the triggering is nothing but being a physical
265 action that is in reference to the short-circuiting of the right
266 and left lobe of the brain. This short-circuiting is initiated
267 by the attitude of the entity in question or the entity that
268 wishes to manifest the psychic abilities. If one could truly
269 understand the process involved, if one could truly explain it
270 in words that would be understandable, if one would truly try
271 to think out a psychic experience, what one would discover would
272 be a, shall we say, quick flash of the desire to do something
273 psychically. Then there would be the short-circuiting of the
274 two lobes of the brain that would then attune and sensitize the
275 physical for reception. And if one could be so sensitive as to
276 follow this whole process, there would be an instantaneous thought
277 which would trigger the short-circuiting which would become

278 apparent through a, shall we say, snap in the head or an intense
279 expansion feeling and then the information would begin to flow.

280

281 ***: But why can't everyone do this? I've wanted and tried
282 and nothing ever happens.

283

284 C: Some have chosen not to really use these natural abilities
285 of the soul. And just because you physically feel that you
286 want to do this, does not necessarily mean that deep within
287 your soul you want to. There was a time long, long ago when
288 you exhibited a great deal of psychic ability in dealing with
289 the divining through the planets of the heaven. This ability has
290 not ceased, has not gone away, it is still with you, and at the
291 present time you deep within your soul do not choose to bring this
292 forth. At a moment of need you do bring this forth without
293 you even being consciously aware.

294

295 ***: Are you speaking of astrology?

296 C: Yes. That was in reference to another experience. You see,
297 simply knowing the positions of the planets and what man says
298 that each mean and what other claims they put to it does not
299 really make it so, nor does it necessarily mean that an individual
300 will be able to, shall we say, pick the proper meaning of those
301 positions. When one does so properly, then one is dealing more
302 with the psychic aspects than the written material. And at that
303 time you were quite adept at that.

The Mind was discussed on 78-11-18, the 50th Trance.

The word “brain” was first found on page 847, line 35.

21 C: You see, we also work as you do and to make things much easier
22 for all of you we attempt to persuade certain things. Since we
23 cannot force or be aggressive in an overt way, we must gently move
24 and, shall we say, tug a little.

25

26 ***: What do you mean you work as we do?

27

28 C: It is hard to explain in such a way that you would fully
29 understand other than using symbolic terms again, but we do have an
30 existence just as you. We are constantly growing, constantly doing,
31 but not in a physical sense as you do. The closest comparison would
32 be in a mental and spiritual sense as you move and do. You are not
33 fully or consciously aware of the fact that before you move your arm,
34 your, shall we say, soul indicates to the mind and the mind which is
35 more or less the chicken before the egg as far as the mind and brain
36 goes, then your arm moves. That is not a clear statement, but there is
37 area or a time-lapse and a working function between the mind and the
38 brain. The question that may be asked is which came first the
39 chicken or the egg? Do you understand?

40

41 ***: No.

42 ***: Which did come first, the chicken or the egg?

43

44 C: Silly question, silly question; but it is about as silly as us
45 trying to explain it to you. The deliberate confusion is to show you
46 or point out that it is impossible to explain it in a fashion
47 that would be understandable. Ask yourself which functions first or
48 which is the cause and which is the effect, the mind or the brain.
49 Which is first affected by the soul, the mind, or the brain?
50 So as time goes by in your awareness, we may say, symbolically

51 speaking that we have a time, and since we are all attempting
52 to work together for all's return to the Father, we manipulate,
53 move, maneuver, entice all the positive actions possible, but
54 we are limited; we cannot force. Once in a while we will gently
55 shove with a strong impression but that is as far as we are
56 permitted to go, in most cases.

57

58 ***: Is that just with us or others, too?

59

60 C: At times there are things that must be made easier for you. So
61 as you take a step forward or your attempts to bring something about
62 then we, shall we say, work at the other end and shove in your
63 direction, gently, of course; so that it is not so hard for you to
64 accomplish. It is kind of like a little elf sitting on your shoulder
65 of someone and whispering in their ear, "Oh, why not pick up the
66 brochure and read it," or "Why not give it some serious thought?" You
67 see? You fail to realize the miracles that you all are responsible
68 for, and it would probably do you all good to take a look at what
69 has transpired. Logically speaking you cannot walk into a total
70 stranger's office and expect him to, shall we say, take serious your
71 propositions with nothing more than a handful of people, when you
72 are presenting, shall we say, a new philosophy or what appears to be
73 a new philosophy and have them willing to go along and give you an
74 opportunity to present it to others. So you see, we do our homework
75 also. Is that explained clear enough?

76

77 ***: Yes, thank you.

78

79 C: You are most welcome.

The Mind was discussed on 79-04-20, the 64th Trance.

The word “consciousness” was first found on page 1037, line 136.

106 ***: And the first question is, In the 31st Trance you gave us a
107 bulk of information concerning the subconscious
108 mind and the physical where you said that those weaknesses from the
109 spirit resulting from past incarnations were in that part of the
110 subconscious that was closest to the physical, which required the
111 physical then to deal with those weaknesses and correct them. You
112 also have said that at times the physical avoids having to deal with
113 these problems, and our question is: Why is the physical in conflict
114 with the spiritual when the physical is created by the spiritual?
115
116 C: Well, we would think that one should be able to see very clearly
117 why that would be; although we have not given it to you directly, we
118 have given it to you in, shall we say, a roundabout way, hoping that
119 you would be able to ferret out the answer for yourself. Probably
120 the simplest way or a way that would be most easily understood, would
121 be this: you must remember now that the physical container, the tool,
122 is not a natural existence for you, but comes from the separation
123 from the Divine Source and your at-one-ment with God; it is, shall we
124 say, a foreign element to your actual being or existence; not that it
125 is separate from you, you understand, but that it is not your natural
126 mode of existence. Now, you, regardless of who it may be, are in a
127 physical form because in the past incarnations you have not been able
128 to cancel out those things that you were indebted for. Instead in
129 most cases you would cancel out one situation, and replace it with
130 two others; so that in actuality it has become an entrapment. Over
131 the eons of time that area that we described as the subconscious
132 segment that contains the karmic situation has become so entrenched
133 in certain, shall we say, respects or attitudes or debts that when
134 the spirit then moves to actually manifest a physical form and a
135 situation for which it is to learn through, that final element of

136 consciousness, that final, shall we say, subconscious area is so set
137 by the past experiences that the tool would appear to have its own
138 sense of direction; now again, it would appear to have its own sense
139 of direction or its own life-force; in actuality it does not; but
140 the, shall we say, habitual attitude of separation from the Divine
141 Source is so instilled in that final level that it moves at times
142 opposite to what the soul really knows it should. Do you understand?

143

144 ***: Vaguely.

145 C: One could compare the actions of the physical as almost habitual
146 or habit. Habits, as you know, are extremely hard to break, and they
147 would appear to control you, where in fact it is not a controlling of
148 you, but a lack of control of yourself. Do you understand?

149

150 ***: Yes.

151

152 C: Again the conflict between the physical and the spiritual comes
153 only because of the habit instigated by a segment of your own being.
154 Do you understand?

155

156 ***: I think to some degree, so then when the physical is created,
157 the part of it, as you were saying that is closest to the physical or
158 the closest directing force would be that part of us that has gotten
159 used to the physical and the physical expression and all those things
160 that keep us in the physical.

161

162 C: It is more the things that keep you in the physical than the
163 physical expression itself. Do you understand?

164

165 ***: Yes.

166

167 C: That makes the difference. It is the things that have kept you
168 physical, that kept you separated from your Father. You begin
169 to see the, shall we say, you begin to see a little clearer picture
170 of your spiritual aspects.

171

172 ***: Then it is our task to ...

173

174 C: To break the bad habit, to put it very simply. So when one sees
175 a conflict again, then, between the physical and the spiritual,
176 especially when you say consciously you know that something is so,
177 something, shall we say, an attitude is spiritual as opposed to an
178 attitude that is not, and yet you find yourself constantly going with
179 the attitude that is not spiritual, you can look upon it as, shall we
180 say, a rut that has been formed through past expressions by that
181 segment of the subconscious that controls all the karmic debt or that
182 stores all the karmic debt or as we have said that last element or
183 that last aspect of consciousness in this sub-area that the soul or
184 spirit must manifest through. In this respect to some it would appear
185 as though the material manifestation or the physical body has a life
186 of its own; it moves contrary to the spiritual desires. It does not
187 have a life of its own, in that respect, that it is separate; the life
188 that is, shall we say, ungodly or not spiritual gains its momentum or
189 its essence from the habit of being separated from your Divine Source
190 or from the karmic debt that is constantly being fortified by each of
191 you in your expressions. Man who has the habit of smoking finds it
192 extremely difficult to stop smoking, and in many cases he will use the
193 excuse that he is hooked, that he cannot control it, the habit has a
194 hold on him. In his, shall we say, perspective of the situation, to
195 him, yes, he is hooked, the habit does have him; but to look at it a
196 little deeper, the habit itself does not have any life or any force;
197 what gives it the appearance of life or force or controlling influence
198 over the man is that the man himself deep down does not have the
199 desire to wipe away the habit; so he moves within an established
200 pattern and in most cases allows that pattern then to influence him
201 constantly or even further. Now do you see what we are saying?

202

203 ***: Yes, I think so, and then for us to try and begin to influence
204 or break those bad habits, like in smoking, you would try and
205 instigate the desire that you would want to, and then go one day

206 without smoking and then just keep doing that, just bringing forth
207 that desire until eventually then you no longer have that habit, so
208 you didn't smoke anymore. Or say ... Maybe that is not very
209 clear.

210

211 C: We would say that your example is not as well-chosen as it could
212 be here in speaking on spiritual matters and your at-one-ment.

213 First, knowing that you are separate, knowing that there are areas
214 that you can improve in is the first step to, shall we say, breaking
215 the control of the physical over yourself. Thinking on it and
216 concentrating on it, involving yourself with more ideas and attitudes
217 along with spiritual development begins very slowly but surely to
218 undermine the physical hold or physical habit. Do you understand?

219

220 ***: Yes.

221

222 C: Taking small situations wherein you can demonstrate your desire
223 for greater spirituality begins to further chip away at your present
224 state, and making these small good habits, such as kindness, a
225 pleasant smile, a good word, making these then a part of your
226 everyday manifestation they begin to grow then. Do you understand?

227

228 ***: Yes.

229

230 C: Maybe on the, shall we say, first week you would only be pleasant
231 once a day or have a good word or a kind word once a day, but then
232 the second week you may try it twice a day, and then three times a
233 day and so on and so forth, till whenever you speak to an individual
234 you speak first with the thought of kindness towards them before any
235 word comes out of your mouth, and then love and then works, actual
236 works, kindness and love and charity; and so you recondition that
237 subconscious area, thus it changes the physical; but the physical
238 must also be trained; the spirit to your being will influence the
239 physical from exterior sources by bringing the physical in contact
240 with the right individuals, the proper individuals, who have a godly

241 attitude, thus you consciously gain knowledge and experiences, while
242 the spirit itself manipulates through this area of the subconscious
243 that carries the karmic debt, and so you work with yourself,
244 influencing from both ends. Do you understand?

245

246 ***: Yes.

247

248 C: Basically, through past incarnations you have established certain
249 actions, attitudes, to certain conditions that are every bit as set
250 as an individual who has an incontrollable habit of smoking
251 cigarettes or drinking. You become enslaved to that habit, and so to
252 break that slavery then you must work from both aspects, influencing
253 that level of consciousness that contains the karmic debt through the
254 spirit or through you yourself and by your association with others.

255

256 ***: Thank you.

257

258 C: It is, shall we say, like a veil or screen within yourself that
259 can be eliminated only through the process of unweaving that screen.
260 Some can do the job much quicker; others, it takes a small amount of
261 time more or maybe a different mode or way of eliminating that
262 screen. Possibly another way of looking at it is this, that your
263 soul or you as a spirit being have developed a callous. Do you
264 understand?

265

266 ***: Yes.

267

268 C: There is a friction that creates a callous, a rubbing the wrong
269 way; and the only way to eliminate that callous then is to move that
270 point of pressure or the rubbing someplace else, change it; and so in
271 this area that contains the karmic situation, the karmic debt from
272 all the past experiences, must be eliminated in order to gain the
273 greater control; now it cannot be eliminated completely, but the
274 effort to try to eliminate it is what is needed. Once the desire is
275 there and true, you will begin to manifest a more godlike life in the

276 material, that definitely will get through the indebted area. The
277 rest as we have said, the Father loves you beyond your ability to
278 comprehend, and because of this He simply removes the debt for you.
279 He knows now that you have placed yourselves in positions that you
280 yourself cannot eliminate, so He requires only your desire to do so.
281 You see, you in your present form cannot truly love God the Father.
282 What is required is that you have a desire TO love Him; then He will
283 place you in a position so you CAN love Him. Very well.

The Mind was discussed on 79-04-20, the 64th Trance.

The word “subconscious” was first found on page 1047, line 619.

599 C: Yes, we would like to return now to the question previous to this
600 one. As, shall we say, food for thought and in some way it is
601 connected basically again with what you have just asked, but take for
602 instance, now this is in reference to the working with the physical;
603 as you all know, the physical body itself replaces itself or renews
604 itself cyclically, every so many years you have shed all your old
605 skin and you have new skin; and as this happens on the outside of the
606 body, so does it happen on the inside of the body, the organs, all
607 the tissue is renewed. Have you ever asked yourself then, if this be
608 the case, why if you have a scar on the outside, if in so many years
609 all the tissue is renewed, why hasn't that scar disappeared?

610

611 ***: I never have, but I guess some people have.

612

613 ***: Yes, and I wondered why the skin would not have a younger
614 appearance rather than keeping with what we think of as physical age.

615

616 C: Why is it that we must volunteer this information? Why is it you
617 cannot think to ask? We will tell you, and this will demonstrate or
618 give you a better picture of why the physical is opposed to the
619 spiritual and again this lies within that area of the subconscious
620 that contains the karmic debt. You see? Say you were to undergo an
621 accident and you have a very serious cut on the arm, and when it
622 heals it has a very, shall we say, unpleasant looking scar. Very
623 well. Your body is renewed; it is renewed. The old cells are
624 removed and new cells replace them; yet the scar tissue remains.
625 Oh true, it may become less apparent as years go by, but still it is
626 there; it never completely disappears. The reason is because in that
627 area of the subconscious that controls the karmic debt, it refuses to
628 eliminate that scar, and the situation that caused that scar. Do you

629 understand? Suppose a friend of yours were responsible for placing
630 that scar there because of an argument or, shall we say, carelessness
631 on his part or her part, that is impressed in that area of the
632 subconscious; consequently, that impression stays there because of
633 your lack of love to forgive, and so since the material is the tool
634 and creation of the spiritual, as the spiritual renews that body, it
635 must pass through that episode, that accident, and as it does the
636 scar continually manifests. Do you understand?

637

638 ***: Yes, but then if we were able to sincerely forgive the
639 individual?

640

641 C: Oh yes, if, if, if. The word between returning to what you
642 should be and staying where you are at.

643 ***: Can we consciously think we have forgiven but yet deep within
644 have not?

645

646 C: That is the only thing that you really can do is consciously keep
647 it in the forefront and conduct your actions as such. That proves
648 the desire and that is what earns you the washing away or the
649 elimination of all karmic debts. You see? Can you see the
650 simplicity and the beauty in all things? Can you see the hardships
651 that you all have created for yourselves? Can you see the hopeless
652 entrapment? Utterly devastating and hopeless, and yet out of this,
653 out of this, the Love of your Father has given you the greatest
654 opportunity, the greatest opportunity, has made it ever so easy, to
655 demonstrate to you how much He does love you, to show you how you
656 have so much more to gain by attempting to love, by desiring to love.
657 Can you not see that? If you cannot even remove a thought that is
658 causing a scar on your body, how can you do anything else were it not
659 for the love of your Father and for the Love of His Glorious Son?
660 How are miracles performed? How are healings performed? Because
661 your desire to be healed and the desire of the channel to help to be
662 used; Christ comes in and wipes away that thought, that memory, that
663 unforgiving act so that the healing takes place. It is a very simple

664 thing, very simple. It is Christ who reaches into that subconscious
665 and plucks out that thing that has caused the illness, and so the
666 spirit is healed immediately, and so is the body. It is wiped off
667 like you would wipe a chalk mark off of the blackboard. If the
668 spiritual development is in need of a slower healing, then Christ
669 simply withdraws the unloving thought slowly, and the body heals
670 slowly. Everything is a celebration of love, a demonstration of
671 love; perfection is reached by celebrating love, and to celebrate you
672 must have action; and so when your life becomes an action of love, a
673 celebration of love, you, YOU, are allowing God and Christ to express
674 through you and to raise you up into the heavens you justly deserve.

675 Very well.

676

677 ***: I also feel a need to clarify that I don't think I had really
678 thought that much about the scar on the body being removed, but I
679 certainly had about the age of the skin.

680

681 C: You have condemned yourselves to physical deaths, because of your
682 lack of love for eternal life. Now remember when we use the term
683 "eternal life" in that sense that is separate from everlasting life,
684 because eternal life signifies a quality of everlasting life.

The Mind was discussed on 80-08-08, the 80th Trance.

The word “brain” was first found on page 1265, line 752.

735 ***: Concerning Electro-Shock Treatments, in what way is the soul

736 or spirit touched or affected by these treatments?

737

738 C: In what way? By the use of electricity, the connections or the

739 influence that the soul has on the physical container is

740 short-circuited, is actually shut off for a moment.

741

742 ***: Since I am not really into this -- (***) , can you help,

743 please?

744

745 C: What is it you do not understand?

746

747 ***: Well, if it is actually shut off for a moment, then does this

748 have any adverse effect or beneficial effect?

749

750 C: Do not make much of the term "shut off for a moment." It

751 simply causes an interference in the soul's ability to manipulate

752 the functions of the brain, the organ, the brain, you see. Do you

753 understand?

754

755 ***: Yes, I understand.

756

757 C: Now, it doesn't literally disconnect the soul from the body.

758

759 ***: Yes, I understand.

760

761 C: Very well. Now, go on with your question.

762

763 ***: Well, would these treatments be beneficial then on a soul or

764 spirit level?

765

766 C: At times it can be extremely beneficial for an individual or
767 for the soul. There are karmic situations that infuse certain
768 things into the physical container. There are experiences that
769 infuse certain things into the physical container in the sense that
770 it makes chemical impressions within the organ of the brain; it
771 also makes chemical impressions within the organ of the brain that
772 act as recall or memory or can act as an action. Do you
773 understand?

774

775 ***: Yes, I can see that.

776

777 C: At times, when such things as the shock is applied, it enables
778 the soul to help erase some of these impressions or these lodged-in
779 chemical reactions, these tied-in tracks or connections. Do you
780 understand?

781

782 ***: Yes. Well, then is the soul affected temporarily or
783 permanently or would that be a very personal, individual situation?

784

785 C: That definitely would be on a very personal level; each
786 individual that would undergo such a thing would be affected
787 differently, depending on the REAL purpose for such an experience.
788 Do you understand?

789

790 ***: No, I don't understand what you mean when you say "the real
791 purpose"?

792 C: This would be tied in with the karmic situation. Now, do you
793 understand?

794

795 ***: Yes, I believe so. But why is it that not everyone has the
796 same reaction to them? Some have a very deep-seated fear that they
797 feel that they would never undergo them again; other individuals
798 say if it was necessary they would undergo them.

799

800 C: Why not develop that into two questions, hypothetical
801 questions, so we could answer it somewhat with some efficiency?

802

803 ***: Why is it that a particular individual who had had
804 Electro-Shock Treatment administered to them would say that they
805 would never under any circumstances undergo another Electro-Shock
806 Treatment?

807

808 C: Quite possibly it could be that the individual did not enjoy
809 the necessity to re-create an element of their being. Do you
810 understand?

811

812 ***: No, I really don't.

813

814 C: In most cases, such treatments are given for a problem.

815

816 ***: Yes.

817

818 C: Very well. After such treatments in most cases it gives the
819 individual an opportunity to re-adjust or re-align itself. Do you
820 understand now?

821

822 ***: Yes.

823

824 C: At times the re-alignment or the reconstruction of one's being
825 can prove to be a trying task or it could prove to be an uncoverer
826 of a very lazy person or the disclosing of a very lazy person,
827 because in many cases undergoing such treatments it means the
828 reconstruction of your accumulated personality. Do you understand
829 this?

830

831 ***: Yes.

832

833 C: So it is necessary then to redo or redevelop, and this can be
834 trying in some cases, demanding in some cases, and uncomfortable in

835 some cases.

836

837 ***: Now, there are some individuals who, while they certainly did
838 not enjoy receiving the Electro-Shock Therapy, say that if
839 necessary they would undergo that again.

840

841 C: It is quite possible that an individual like this or
842 individuals like this would realize that through one situation or
843 another, through the karmic condition or situation that they are
844 in, they must undergo a shock treatment for the erasing or the
845 doing away with an experience. Do you understand?

846

847 ***: Yes.

848

849 C: And realize that this ultimately proves to be beneficial to
850 them, in more ways than one. Basically the benefit is within the
851 soul or the spirit, and these people simply choose to undergo that
852 sort of treatment, if necessary, for further reconstruction or
853 change.

854

855 ***: Then these can be beneficial. Are they always beneficial?

856

857 C: No, at times they can be extremely disastrous. It is not the
858 form of treatment that one should take lightly, by any means;
859 because the soul is capable of achievement, but once one undergoes
860 electric shock, it is quite possible to cause a condition in the
861 physical wherein the soul cannot manifest in its truest sense or in
862 its ability to prove growth or demonstrate growth.

863

864 ***: Because of a situation in the physical, are you referring to
865 something like a broken back happening?

866

867 C: This would be, in our opinion, a minor problem. What one
868 should be more concerned with is the damage done to the organ of
869 the brain.

870

871 ***: Yes. Is it true that electro-shock treatments can and do
872 trigger an individual's psychic abilities? Hone them to a fine
873 edge or make them more pronounced?

874

875 C: With some it can act as a triggering mechanism, but this is not
876 always the case. Nothing really triggers your psychic abilities or
877 hones them other than you willing to venture out and demonstrate
878 them. Now there are some that because of their situation or their
879 path will never demonstrate psychic abilities to any degree. There
880 are others who will be very efficient in those abilities, but the
881 actual need for something such as a shock treatment to instigate
882 your psychic abilities is really kind of a childish thought, since
883 every time you experience a psychic impression you are creating your
884 own shock treatment within your own brain, so why would it be
885 necessary to have some other sort of shock stimulate this; it is a
886 natural part of your physical body. The soul speaks much clearer
887 through the shorting-out of the right and left lobes. The soul
888 implants immediately an impression on the physical organ that is
889 then repeated by the voice or what have you.

890

891 ***: Thank you very much. The thought hadn't occurred to me about
892 the brain itself actually being damaged, then that could create
893 many, many problems within the physical.

894

895 C: Damage not necessarily in the sense as you would assume a
896 physical damage, but in the sense that the chemical construction of
897 the organ the brain can be changed or crystallized in such a way so
898 as to cause an inability in the individual that would not have
899 needed to exist.

900

901 ***: Then if an individual picks up strong feelings not to allow
902 that kind of treatment, should they go with those feelings or once
903 again would that be a very personal matter?

904

905 C: A personal choice.

906

907 ***: Does anyone else have any questions they would like to ask?

908

909 ***: I would like to know if electro-shock then works mainly by
910 altering the chemical basis of memories? Is that the way it works or
911 perhaps eliminating it, the memories?

912

913 C: The chemical reaction within the organ of the brain influences
914 or creates or becomes pathways of current. Do you understand?

915

916 ***: Yes.

917

918 C: The electric shock can cause a change in these pre-arranged
919 pathways. An example would be taking many fine threads and
920 stringing them between two objects. You have built that bridge
921 between the two objects by wrapping that fine thread around those
922 two objects. Do you understand?

923

924 ***: Yes.

925

926 C: Now, take a scissors or a knife and plunge it across those fine
927 threads, and what happens?

928

929 ***: They are changed. You have broken those pathways.

930

931 C: Yes, now it is possible to reconstruct those threads, and it
932 does happen; but there is also the opportunity that those threads
933 will not be connected to the same piece that they were cut from.
934 In other words, end and end will not touch like ends. Do you
935 understand?

936

937 ***: Yes.

938

939 C: This could bring about a change then in some of the physical

940 functions or the emotional functions of the individual. Does that
941 answer your question?

942

943 ***: Yes, I see, if the person had developed pathways that are
944 really nervous pathways that are hindering him, that seem to
945 incapacitate him, then it is worthwhile considering destroying that
946 arrangement and perhaps he can build a better one?

947

948 C: We have not said that, but that is the thought behind the
949 shock. Sometimes it is effective and beneficial; other times it
950 has done more damage.

951

952 ***: It sounds like a potluck deal. It might work, and it might
953 not.

954

955 C: Basically, it is; basically, it is. Yet on a soul level,
956 nothing is potluck. Everything has been chosen.

957

958 ***: By the individual.

959

960 C: Yes. In all things, it is always you that chooses. You, in
961 your mighty glories, in your grandness, and we mean this in a
962 complimentary way, are the only creations that can either accept
963 its Source of Life or exercise its power to cast its God away. You
964 are the only creations that have the tremendous power to reject God
965 or to accept Him. He humbles Himself before you, and He begs that
966 you accept what He has to give you, but in your grandness and in
967 your beauty and in your strength, you can, if you choose, send Him
968 away. Is there anything else?

The Mind was discussed on 81-09-26, the 100th Trance.

The word “consciousness” was first found on page 1530, line 64.

42 ***: Is the healing by the healer in the spirit world the
43 restoring of harmony in the energy fields of the individual's body
44 or is the healing in the mind of the individual which then
45 manifests in the body?
46
47 C: It is truly a combination of both. Those that participate
48 together, shall we say, or those who cooperate together from either
49 side of the veil work through, how shall we put it, a very precise
50 or a very structured pattern or chain of occurrences. First, one
51 must realize that healing or whatever cannot be achieved in the
52 physical until first it is accomplished in the spiritual; yet there
53 are many who have achieved healings in the spiritual that will not
54 manifest in the physical for, shall we say, other reasons that may
55 not directly at all times relate to those individuals who, shall we
56 say, appear to need the healing. The chain of events or the
57 structure by which healings transpire or occur from the spiritual
58 to the physical might be interesting to some. If one looks upon
59 the physical container as nothing more than a receiver of the
60 soul's attitudes and actions and efforts to achieve a greater
61 relationship between it and its Creator, then one must understand a
62 little clearer how that receiver works. Look at the organ that you
63 refer to as the brain. Do you have a personality or a
64 consciousness because of the brain, the organ itself? Or does that
65 organ construct or demonstrate a personality because of the soul?
66 The brain itself as with the physical container is nothing more
67 than an empty shell that reacts to the stimulus given to it by the
68 soul proper, that soul that is maintaining the physical. The soul
69 in spiritual concepts and in those things that deal with healings
70 must come into the physical through the right side of the brain.
71 It is the right hemisphere of the brain that is the channel or the

72 connection with the soul. Now this is not to say that the soul is
73 separated from the physical container, floating in some etheric
74 segment or space and transmitting a signal to the right hemisphere
75 of the brain. The soul is in fact a very intricate part of what
76 you look at or understand or conceive or perceive as a physical
77 container. The soul concentrates its effort or its action in a
78 space, and in that space then you observe what you understand as a
79 body. The soul then, saying it has achieved a healing for some
80 physical problem transmits that healing through the right
81 hemisphere of the brain. The right hemisphere must override the
82 left hemisphere which is, shall we say, more earthy, more logical,
83 more formal. If the left hemisphere cannot logically perceive a
84 purpose or a course of healing, then at times it restricts the
85 healing from manifesting in the physical container. Again, this is
86 influenced at times by cause and effect or karma. It also can be
87 influenced by the conditions of the situation that the physical
88 container finds itself in, the surroundings. If it is necessary to
89 receive a triggering mechanism for the healing to manifest in the
90 physical container, then the left hemisphere of the brain must wait
91 for that trigger or that mechanism, not in the sense that it
92 absolutely must wait, but in the sense that it is geared to
93 rational experiences. Do you understand?

94

95 ***: Yes.

96

97 C: If healing has been achieved at the soul level and is to be
98 achieved in the physical itself, then those steps, those
99 occurrences, will transpire according to the situation or the
100 soul's plan, through its association with others in the material
101 manifestation, thus when the proper sequence of events transpire,
102 the left hemisphere unlocks the healing forces. There are times
103 such as in truly miraculous healings or instantaneous healings,
104 those that are complete and true healings, the left hemisphere is
105 overridden by the right hemisphere of the physical brain. These
106 again are all determined by the need of the soul who must or is to

107 have a healing and those who must relate to the situation. It is
108 the spiritual aspects of the entity itself that decides to work in
109 this manner, and therefore has created a physical container with
110 organs that function for specific reasons, such as the brain proper
111 itself. All things in God's Creation go according to the natural
112 plans of the material manifestation or to the natural laws of the
113 material manifestation; it is a delicate merging and blending of
114 great beauty if one can see the intricate workings of each other,
115 the material and the spiritual; it is a great spiritual concert or
116 symphony. Far too often man fails to see the beauty of life,
117 whether it be the spiritual life or the material life. All that
118 you see in the material is a reflection of the spiritual, whether
119 it be the universal condition of the world or whether it be the
120 universal condition of the individual soul. As we said though in
121 some cases there are souls that decide to endure what some
122 would refer to as unpleasant conditions only to give others the
123 opportunity to demonstrate their godliness. Does that answer your
124 question sufficiently?

125

126 ***: Yes, that is very helpful.

127

128 C: Possibly at another time more details can be given as to
129 healing and the means and ways to make healing somewhat easier.

130

131 ***: For a healing to be permanent, does the left hemisphere
132 eventually have to accept the healing of the right hemisphere?

133

134 C: The left hemisphere of the brain is a very determined, shall we
135 say, segment, and it is controlled by the conditions of the
136 material. Do you understand?

137

138 ***: Yes.

139

140 C: There are some situations and some conditions where the left
141 hemisphere can cancel out a permanent healing. This again is

142 determined by the overall situation that the individual or the soul
143 finds itself in, but that in itself, the left hemisphere in itself,
144 does not make a decision, shall we say, as to whether there is a
145 permanent healing or not; it reacts to the material manifestation.
146 The right hemisphere, its sole source of input is the spiritual.
147 What registers in the right hemisphere of the physical organ the
148 brain is taken from the material manifestation and adjusted
149 according to a soul's need; it is, shall we say, corrected or
150 rectified according to the soul's need. Then what comes from that
151 is suited to the soul's material manifestation or the condition or
152 situation that that soul finds itself in. There is a level above
153 the input to the right side of the brain or the right hemisphere
154 that gives it a degree of spirituality above the input. Do you
155 understand?

156

157 ***: Yes.

158

159 C: Where the left hemisphere is very technical, very methodical,
160 very logical. It has, shall we say, no imagination, no
161 spirituality; it reacts to the conditions or you may even say it
162 reacts to training. Very well.

The Mind was discussed on 81-09-26, the 100th Trance.

The word “brain” was first found on page 1532, line 167.

164 ***: Speaking of left hemispheres and right hemispheres, I would
165 like to know is there any significance to left-handedness or
166 right-handedness, because I understand a left-handed person would
167 have a dominant right brain and perhaps vice versa. Can we draw
168 any conclusions at all from handedness of a person?

169

170 C: Not truly. You are speaking more now of pure mechanics of the
171 physical container, although according to your society even today
172 as in the past, those who are more, shall we say, dextrous with the
173 left hand have always been looked down upon. When you talk in
174 spiritual terms, this should be expected of the material
175 manifestation because the material manifestation exists not because
176 of spirituality but because of the lack of it, consequently, it
177 attempts to cast shadows across that which is of a higher quality.
178 It attempts to bring a darkness over that which gives light, so
179 naturally society whether it is present or in the past would frown
180 upon that which represents a greater degree of spirituality or
181 light. Do you understand?

182

183 ***: Yes.

184

185 C: At the same time those who are left-handed, this should not be
186 assumed by anyone that they are of a higher spiritual quality.
187 There is no natural reason actually why a person cannot be of both
188 hands. Now that is speaking naturally or of the material. In
189 reference to the spiritual aspects, there would be much to explain
190 concerning why the majority of people or souls or material
191 manifestations or containers would be right-handed. If you look
192 into your history, right-handed has always been good, left-handed
193 has always been looked down upon. Now, one should ask themselves,

194 if they are thinking clearly, why should man assume that because a
195 soul or a physical container prefers to use one hand over the other,
196 why should one hand assume a negative aspect? Do you begin to see
197 what we are saying?

198

199 ***: Yes.

200

201 C: Again, this can be dealt with in more detail later on. It
202 would do you well, all of you, to pursue this concept in
203 relationship to healings and to insights into spirituality.

The Mind was discussed on 81-09-26, the 100th Trance.

The word “consciousness” was first found on page 1537, line 396.

350 ***: Is knowledge of former manifestations stored in our
351 subconscious?

352

353 C: Oh, that is quite a question. It is to the degree that you may
354 need that information in the present experience. Also, the matter
355 of talents or gifts, if you choose, that will be needed in this
356 particular manifestation must come from someplace, and since it
357 must come from the soul into the material manifestation governed by
358 the natural laws of the material manifestation, you must have a
359 source to draw upon, you must have a restrictive screening
360 apparatus or device so that the conscious element of your existence
361 is not overpowered or flooded by that which you have already
362 gained. So one may say loosely, again now, loosely, that past
363 experiences are stored in the subconscious; but when you use the
364 term "subconscious" you really have not a clear idea of the
365 magnitude of the subconscious. It is, shall we say, a safety valve
366 for the material manifestation as a whole and also for the
367 individual or the physical container. You may look upon the Fall,
368 shall we say, of Man, as it is referred to, and what transpired in
369 that episode of your experiences, reflected then in the present
370 make-up of the conscious and unconscious mind; in that the
371 unconscious mind then or subconscious mind then can be compared to
372 that restricted flow or the dulling of the crystal or the clouding
373 of the crystal. Do you understand?

374

375 ***: I believe.

376

377 C: You must keep in mind though that the subconscious is not a segment
378 of the personality that is bound by dimension, whether it is mental
379 dimension or physical dimension. Do you understand?

380

381 ***: That I am not sure I really do. I can understand that it

382 does not have physical dimension ...

383

384 C: Well, there are some concepts that say the subconscious is

385 located in a specific area of the physical container or the organ

386 of the brain. This is not so.

387

388 ***: What I don't understand is then your statement that it does

389 not have mental dimension.

390

391 C: Well, we do not expect you to understand that statement at the

392 present time, but think on it.

393

394 ***: You had stated before that the subconscious is a safety valve

395 and you indicated one aspect of it that it prevented the physical

396 consciousness from being overpowered. Is that what you meant by a

397 safety valve or did you have other things in mind?

398

399 C: Basically, you can accept that explanation.

400

401 ***: And our next question that we had was regarding your

402 statement that the subconscious is a filtering device. Could you

403 please explain the facets of the subconscious?

404

405 C: Well, you do not have the time to begin to explain all the

406 different facets of the subconscious mind, but the subconscious

407 mind is a great expanse, a great area, of the soul's wisdom and the

408 action of the soul in the material manifestation. Its purpose or

409 the goal or the mission that it must achieve now in the material is

410 governed by the conditions set with the subconscious. Do you

411 understand?

412

413 ***: Yes, to some extent.

414

415 C: Use that explanation with our statement concerning the
416 dimensions of the mind. Do you understand?

417

418 ***: All right.

419

420 C: The tendency in using terms such as "mind," there is too much
421 of a tendency to relate it to the organ of the brain, and the mind
422 is not encompassed in that organ. The organ does nothing more than
423 react to the instructions of the soul. So again, then, the mind or
424 the wisdom, the knowledge that you have, conscious and
425 subconscious, are not really a part of the physical organ, but
426 since there must be a chain of events that must be followed, there
427 is a need then for such an organ. Do you understand?

The Mind was discussed on 81-09-26, the 100th Trance.

The word “brain first found on page 1538, line 444.

433 ***: What is the superconscious mind referred to in much of the
434 psychic or spiritual publications?

435

436 C: Generally, it is a term that is used to explain the overall
437 action of the soul. It is very hard to put into your vocabulary
438 the actions and activities of the soul, and what has happened over
439 man's history is that in his concepts he has given certain
440 activities, whether they be individual activities or overall
441 activities, labels. The superconscious in most cases is referring
442 to a higher degree of activity of the awareness. But when you
443 speak of the awareness what are you really speaking of? Certainly
444 not the physical organ, the brain, but you are speaking of an
445 activity of the soul in the material manifestation, whether it has
446 received those activities from outside stimulation in the material
447 or whether it has received it directly from its own experiences in
448 other occurrences or other experiences. Do you understand?

449

450 ***: Yes.

451

452 C: One should not become too attached to labels. At times, this
453 clouds the vision of many. Try to sense what those terms are
454 trying to convey. Very well. Does that answer your question
455 sufficiently?

456

457 ***: Yes, thank you very much.

The Mind was discussed on 82-08-27, the 107th Trance.

The word “brain” was first found on page 1701, line 349.

319 ***: Back last November Council, you tagged information that you
320 were giving (***) saying that at a later date we should ask you for
321 more information on healing and how to make it somewhat easier and
322 along with that insight into spirituality.

323

324 C: Ah yes, we have waited quite some time. My, my, my, all the
325 interest in healing. How slow you people move. Sometimes it amuses
326 us.

327 Healing is a very simple process, if you can accept it. It is
328 the desire to be whole, first of all. It is the desire to be
329 fulfilled in God's Eyes. To be fulfilled in God's Eyes means to be
330 whole, complete, and happy. It is the wish, it is the desire, it
331 is the intention, of your Divine Father for you to be completely
332 whole, to be completely happy, and to have all your needs
333 fulfilled. Once you can really believe this, then the cure is
334 yours; it is simply a matter of time; but there are some things
335 that must transpire, unless, of course, you are speaking of
336 miraculous or instantaneous healings. Let us speak then of the
337 "normal" forms of healing. What is needed: First of all, belief.
338 First of all, desire. First of all, knowing. Now, take note, we
339 said "first of all" to each of those. A soul can be healed
340 without the conscious knowledge of it or without the conscious
341 knowledge that there is a healing in process or a healing
342 being prayed for. More responsibility falls on the healer than to
343 activate or trigger the spiritual process. Now to the secrets of
344 healing and we say that somewhat tongue in cheek. A healing
345 takes place in the physical because there has been an opening to
346 the soul. The opening to the soul does not come from the physical
347 first but from the spiritual first. So the spiritual must work
348 through the physical, and its first active, overt, outward contact

349 is with the mind. The mind utilizes then the brain. The brain
350 does not exist of its own self. The brain exists because of the
351 function of the mind. Now that is important to understand. The
352 mind is the most obvious connection with the soul. It is the soul
353 speaking to the physical through its concepts, through its present
354 concepts. The soul's most creative activities come through the
355 right hemisphere. It is known that the right hemisphere is the
356 aesthetic side of human nature; it knows the beauty; it knows the
357 Divine. Whether on a conscious level or not, the right hemisphere
358 must be made active in some way or some form, it must be made
359 active in the sense that it can see the body whole. The more
360 intense this sight is, the more quickly and the more completely the
361 healing will be. So, if you want a healing, simply activate the
362 right side of the brain, and you are 99% of the way there. Now,
363 how complicated is that? All physical healings come through the
364 right side of the brain. The stronger one trains the right side of
365 the brain, the more completely it will heal. Even with the healer,
366 the right side of the brain must be active. When it comes to
367 greater spiritual growth, if one cannot visualize the spiritual
368 concepts through the right side of the brain, then spiritual growth
369 cannot be had. The heart is activated by the right side of the
370 brain; now when we say "heart" we are not referring to the organ,
371 but we are referring to what the heart represents as far as
372 emotions and feelings. When the right side of the brain and its
373 powers are released in the sense of healing and love, the physical
374 container then can become a very strong tool, a very powerful tool
375 for healing. Now, again, even though there is this process
376 involved, that it becomes nothing more in reality then than a
377 channel for the Divine Force to be active or released into the
378 material manifestation. Very well. Are there any questions?

379

380 ***: What are some ways that we could use to stimulate the right
381 side of the brain?

382

383 C: The simplest way to begin to stimulate the right side of the

384 brain is begin to think of peaceful things. Think of peaceful
385 and serene pictures. Begin to visualize beautiful things. Look
386 at photographs in the reverse position, especially those
387 photographs that are of a pleasant or beautiful nature, either of
388 scenery or religious figures, what have you; anything that is
389 uplifting; anything that is touching to the heart.

390

391 ***: You spoke of looking at them in a reverse position. Could
392 you please clarify?

393

394 C: Upside down.

395

396 ***: Why?

397

398 C: Well, study the activities of the eye connected to the brain,
399 and you will see that by doing this you create a certain confusion
400 to that nasty, nasty side that you must overcome. Now, we say
401 this, again, tongue in cheek.

402 ***: Kind of sneak it by the censors?

403

404 C: Well, you might say that.

405

406 ***: Can I ask a personal question?

407

408 C: Very well.

409

410 ***: Do the headaches that I used to have or still have on the
411 left side of my head have anything to do with all this stuff?

412

413 C: All what stuff?

414

415 ***: The left side versus the right side.

416

417 C: No.

418

419 ***: Just a headache, eh?

420

421 C: Well, we would not classify them as simply a headache, but you
422 will have a tendency towards these headaches because you are far, far,
423 far too high-strung. You worry a little bit more than what you
424 should. Learn to relax, and you will find that you will have less
425 of the headaches.

426

427 ***: Thank you.

428

429 C: Now, there are organic situations that are agitated by tension.
430 Do you understand, (***)?

431

432 ***: Yes.

433

434 C: Eliminate some of the tension, and you will find that there
435 will be less headaches.

436

437 ***: Thank you.

438

439 C: Now, if you wish to practice healing, exercise the right side
440 of the brain. That is the first step. Visualize things of great
441 beauty, and practice this so that you can hold a picture in your
442 mind. Now, to you this may not seem as though anything is
443 transpiring. Do not worry about your right side or your left side
444 of the brain. Simply visualize pictures of beauty, of peace, of
445 harmony. Start with simple things. If a particular flower holds
446 your fancy or if a particular shape holds your fancy, then start with
447 these, and the more you can bring that picture into your mind clearly
448 and sharply, the more active the right side of the brain is. Now,
449 as far as viewing a serene photograph or painting in the reverse
450 position, we would not suggest that this be done all the time,
451 because this has a tendency then to create a laziness beyond a certain
452 point in the activity of the brain. This can be used on occasion
453 and then only for short periods of time; hold the picture right

454 side up and then reverse it, and concentrate on the picture in the
455 reverse position. Do not just look at it in a general sense.
456 Look at it intently, then put the picture right side up, and do
457 this, say, three or four times, and then put the picture aside and
458 practice the visualization. When you get to the point that you can
459 hold a good picture for a period of time, then you have
460 strengthened the right side of the brain. You have pronounced its
461 activities or have made its activities pronounced. The key is
462 to keep that visualization for a period of time. Try to increase
463 the period of time. Do not become anxious and set goals that are
464 ridiculous, but increase that period of time, slowly. Now, when
465 you pray for a person, utilize that activity. When you pray for a
466 healing, utilize that activity. The physical properties that
467 transpire in the body by activating the right side of the brain
468 increases the body's ability to transmit the electrical impulses or
469 the electromagnetic fields in the body to assist as a triggering
470 device in the body of the person needing the healing. If you can
471 encourage the other individual to visualize some activity that can
472 be related to healing, this would help. Possibly, with some people
473 you may suggest that they visualize a washing flood of light
474 through them; or they may attempt to see the ailment begin to glow
475 and be surrounded by a bright light. Any form of activity such as
476 that that is dependent on the right side of the brain will allow
477 the spiritual forces to be activated or to flow more freely. Also,
478 what transpires during these activities is that a spiritual insight
479 also comes through. When one attempts a laying on of hands, one
480 should also place the hands on the head, after the one who is
481 laying on of hands has visualized or activated the right side of
482 the brain, allowing some of these fields of energy then to
483 stimulate the organ itself. Then, if one chooses, one may proceed
484 to lay hands on the ailing part.

485

486 ***: Is there any particular hand that should be used? Or should
487 both be used on opposite sides of the head?

488

489 C: Well, there is much spoken of as far as positive and negative
490 sides of the physical container, and these, in actuality, play
491 their part to some degree as far as the electrical fields of the
492 body itself, but this is nullified basically when it comes to
493 healing; so whatever is comfortable for the one who is laying on
494 the hands. If you feel more comfortable placing your right hand on
495 the ailment, then fine, do so. If you feel more comfortable
496 placing your left hand on the ailing portion, then do so. It is
497 really immaterial when it comes to healing, because what transpires
498 when a healing takes place is something that is beyond the fields
499 or the personal fields of the body; they are influenced by the
500 Divine Source. Do you understand?

501 ***: Yes.

502

503 C: There are some thoughts on healing where one must have a
504 negative charge to a positive side and vice versa. Well, it makes
505 for interesting reading, but this is not the case, in actuality,
506 because what transpires when the healing forces become present or
507 active is that they are neither positive nor negative. They are the
508 pure source of the energy and are utilized or transformed according
509 to the needs of the physical container. So, do not assume that you
510 may short-circuit some field or another. These are the mechanical
511 activities of the physical container that are utilized to bring
512 about an ailment but are overridden basically, or to simplify the
513 situation, they are overridden when a healing is to take place. So
514 one may say they are nullified or normalized, whichever term you care
515 to use.

516

517 ***: Thank you.

518

519 ***: In a previous communication I asked if there was any
520 significance to being left-handed, and the Council replied that
521 this would be something that should be brought up later. Would
522 this be a good time? Would this tie in with right brain and left
523 brain?

524

525 C: It certainly is tied in to the activities of the right and
526 left side of the brain.

527

528 ***: Would left handers tend to be better healers?

529

530 C: No. It is solely the activity of the right side of the brain
531 and its ability to override the left side, and by practicing the
532 visualization you learn to control the left side and overcome its
533 more direct activity. A left-handed individual is no better than a
534 right-handed individual. If you will review what we were
535 discussing at that time, you will come up with some specific
536 questions along that line that would be interesting to get the
537 answers to.

The Mind was discussed on 82-08-27, the 107th Trance.

The word “brain” was first found on page 1713, line 897.

896 ***: If I may, I would like to go back to something you said about
897 exercising the right side of your brain. Is there anything that
898 you can do to help a child to develop that side of the brain? I
899 know when they go to school it seems that it is all the left side
900 more.

901

902 C: For the child it is far easier than with an adult. First of all,
903 the activities of the right side of the brain in a child are, how
904 shall we say, more predominant as is the nature or, shall we say,
905 because of the nature of the physical container and the "mind." It
906 has not become rational or analytical yet. So the right side of the
907 brain is far more active with a child than with an adult. That is why
908 most children are extremely psychic because they are dealing more with
909 the right side of the brain. By continually subjecting the child
910 to the more aesthetic things in life that right side of the brain
911 will keep more active or become predominant. Do you understand?

912

913 ***: Yes.

914

915 C: Fine music; fine art; fine literature; efforts made to
916 acquire artistic abilities; all deal with activities of the
917 right side of the brain. Do you understand?

918

919 ***: Yes. Does watching too much television for a child, would
920 that tend to lose that use of the right side of the brain?

921

922 C: When the imagination of the child is curtailed through whatever
923 process, whether it be watching the television or by the stifling
924 of the parents, then this cuts the right side of the brain activity
925 down. Do you understand?

926

927 ***: Yes.

928

929 C: By encouraging the child in artistic things; by encouraging the
930 child in visualization and the most important activity, meditation,
931 one continually exercises the right side of the brain. A simple
932 walk in the woods and noticing the beauty there is an activity
933 of the right side of the brain. The left side looks at a tree
934 and says, "Oh yes, that is a tree. It has roots. It has a trunk.
935 It has leaves. It pulls its nourishment from the moisture through
936 the roots, up the trunk, into the leaves," what have you. The right
937 side of the brain sees it as a beautiful living thing. Do you see?
938 So the more one tends to look at things in an aesthetic way, the
939 more one is utilizing the activity of the right side of the brain.

The Mind was discussed on 83-05-08, the 113th Trance.

The word “consciousness” was first found on page 1840, line 84.

1 ***: The first reference is in the 64th Communication, and I will
2 read it. "Over the eons of time that area that we have described
3 as the subconscious segment that contains the karmic situation has
4 become too entrenched in certain, shall we say, respects or
5 attitudes or debts, that when the spirit then moves to actually
6 manifest a physical form in a situation from which it is learning
7 through, that final element of subconscious, that final, shall we
8 say, subconscious area is so set by the past experiences that the
9 tool would appear to have its own sense of direction. Now, again,
10 it would appear to have its own sense of direction or its own life
11 force, but in actuality it does not, but, shall we say, the
12 habitual attitude of separation from the Divine Source is so
13 instilled in the final level that it moves at times opposite to
14 what the soul really knows it should."

15 The first question is, Assuming that the subconscious or at
16 least part of the subconscious is the total karmic debt, then can
17 we safely assume that the soul or spirit, knowing right from wrong,
18 can pass through the subconscious in order to get the physical to
19 react in a spiritual way, consequently then, the spirit is hindered
20 to a degree by the subconscious. Is this a proper assumption?

21

22 C: The basic idea presented to us is within accepted limits, shall
23 we say. Possibly to make it somewhat a little clearer or
24 understandable, another explanation would be helpful. Keep in mind
25 that the subconscious mind or that area referred to as the
26 subconscious is far greater than you can imagine. One can say it
27 could relate very closely to the Akashic Records, yet this would
28 only be in symbolic terms, but it would be safe to refer to
29 portions of the subconscious as the Akashic Records. The
30 subconscious is directly related to the soul or the spirit of the

31 entity. The soul or spirit, being created from the Breath of God
32 or the Pure Essence of God, is all-knowing of what is good and
33 right, but because of its indulgences in its own gratification, it
34 has not taken the effort or made the effort to do what it should
35 have done in its very earliest experiences in the material
36 manifestation. Consequently, then, in that area that we have
37 referred to as the subconscious, that portion of the soul or
38 entity, has set up barriers of resistance to the true flow of
39 wisdom and love and goodness. Now, has set up barriers of this
40 flow to the entity itself. In other words, the outpouring of love
41 is not as free-flowing as it should be. So when the soul or the
42 entity then tries to present activities in the material
43 manifestation in a godly manner, these resistances then distort
44 that effort or weaken that flow of energy for perfect creation.
45 These resistances or one may refer to them as filtering systems or
46 gates distort this flow then. It weakens, if we may use this term,
47 the flow of loving, creating energy from the entity to the material
48 manifestation. Again, the efforts then become distorted and become
49 subject then to these gates or filtering systems that have been set
50 up from past experiences. The more there has been a lack of love
51 demonstrated in past lives, the more strongly these gates prevent
52 the flow of this loving, creating energy, the more distorted that
53 energy becomes or the weaker it becomes or the more set in a
54 certain pattern it becomes; set in a certain pattern likened to a
55 bad habit. Very well.

56

57 ***: The next question is, If this is the case, then how does the
58 soul ever get anything corrected, if it has to filter down through
59 the subconscious?

60

61 C: There is an element that flows from the soul itself through
62 this subconscious area and into the material manifestation. Let us
63 compare it to a fine thread or one could compare it to the optic
64 fibers that man uses today. It is a direct link from the soul or
65 the entity to the material manifestation. This direct link or

66 optic fiber, now this is simply a picture we are giving you --
67 there is no such fiber per se; this carries a degree of
68 enlightenment to the conscious mind or the mind or that portion of
69 the mind of the soul, that is directly involved with activities in
70 the material form. This fiber of light or optic fiber that carries
71 the awareness of the light of the soul to the material
72 manifestation is what you normally refer to as knowing right from
73 wrong or the pointing finger of guilt. In other words, when a soul
74 attempts to present an activity of a loving nature in the material
75 form but the gates or filtering systems do not prevent this energy
76 or force or power to make a clear path to the material and in its
77 process of moving from the spirit to the material, it becomes
78 distorted, this optic fiber of light warns then the conscious
79 activity of the soul that the activities are not coming through as
80 perfectly as should be. This allows the soul then a finer or,
81 shall we say, a momentary greater degree of control over the
82 physical, bypassing or, shall we say, burrowing through the Akashic
83 area; but this is a momentary experience. The physical
84 consciousness then can cooperate with its higher self in correcting
85 the actions that brought this activity or feeling of guilt to the
86 present or to the material manifestation. If the consciousness
87 accepts this impulse of light and adjusts its activities in the
88 material manifestation for the betterment of itself, this then
89 begins to increase the size of this optic fiber; so that the next
90 time there is an effort made, there is less resistance to the
91 soul's efforts. This fiber or optic fiber of light then can
92 increase and eliminate even more resistance to the soul's
93 interaction in the material manifestation. Another way of putting
94 it is that as this fiber of light increases, it adjusts then the
95 incorrections in the subconscious; it makes corrections or cancels
96 out those influences that are not conducive to the positive aspects
97 of the soul. One may also look at it in this manner that the
98 subconscious area containing the karmic debt or the Akashic Records
99 encompasses the soul in a restricted manner, and this encompassing
100 effect must be penetrated by rays of light or enlightenment, thus

101 gradually disintegrating this encasement, allowing the love to flow
102 out instead of constantly being returned to self. Returning to
103 self then increases the shell or the encasement. Very well.

The Mind was discussed on 83-10-05, the 117th Trance.

The word “consciousness” was first found on page 1918, line 673.

639 ***: Yes. When hypnosis is used for therapeutic reasons, exactly
640 how does it work?

641

642 C: It works basically with the objective mind which is directed.

643 It is a direct link to the soul or to the entity itself. Now, the

644 entity itself is fully aware of what is going on, fully aware of

645 what is coming up in the future and is prepared then to accept

646 whatever is to be given to it. Do you understand?

647

648 ***: Yes.

649

650 C: It then activates the objective mind and the objective mind

651 then activates the subconscious mind and then the subconscious mind

652 releases the healing. Do you understand?

653

654 ***: Yes.

655

656 C: Now, the actual process is that through hypnosis then the

657 healing or whatever the suggestion travels through the conscious

658 mind, begins to ride upon the traveling mind through the

659 subconscious area, then to the objective mind and then to the

660 farther end of the objective mind it touches or it signals the

661 entity, the true entity or soul or spirit. The soul or spirit

662 then acknowledges this activity and then releases back the impulses

663 necessary. Do you understand?

664

665 ***: Yes.

666

667 C: It is a very simple process described like that. When you get

668 into all the different levels of the subconscious area and all the

669 different levels of the objective mind to its furthest extent where
670 it actually is then the pure entity itself, it would become so
671 complicated and involved it is totally useless. You could not
672 comprehend the inner relationship of these expanses of
673 consciousness. When we talk of them, when we talk to you, we talk
674 as if they are separate minds. In actuality, they are not, they
675 are simply one mind that has a very dense end of it and a very
676 refined end of it. So one is then traveling from the dense end
677 into the refined end, or you may look upon it as a sphere, the
678 outer crust is very dense. It takes much more penetration or force
679 and as you get closer to the nucleus then it is much more refined,
680 much more delicate and needs a very mild stimulus for activation,
681 and finally when you get to the very core of it itself to the true
682 nucleus within the nucleus, it is the living being then.
683 Of course, it actually is in complete control of all the
684 extremities therein, either to accept the penetration or to reject
685 it. It is somewhat of an involved process but a little
686 contemplation on it it becomes quite simple.