



THE MIND

The Subjective Inner Screen of our Reality It's Energetic Vibration and Attractive Quality

Thought energy, vibrates within different patterns of frequencies, within a larger thought field. What we vibrate with, and how this connection comes together, depends on how connected we are to the flow. Has roots in our prior ancestral generations of thinking patterns, emotional reactivity and behaviors.

Our PERCEPTION is how we see life. It is only about 20% conscious. Our larger reality is composed of mostly unconscious energy, distorting our true reality, and blocks our flow.

Our EXPERIENCES gets **filtered** by our thoughts. Therefore, we are the **creators** of our reality, driven primarily by our unconscious beliefs. We attract the things we resonate with (beliefs based on past experiences). Our experiences of learning, creates our programming.

Our PROGRAMS are lower in vibration and are determined by: a. our **collective, human conditioning**, based on the past (behaviors, wars and atrocities) that have consequences through us today; b. our **ancestral history**: what they saw and how they experienced life (old traumas) gets stored in their DNA; and c. our **human conditioning and individual past** (childhood development, unresolved injuries/traumas).

We are taught about **SEPARATION/VICTIM consciousness**, so we perceive life through this lens and this keeps us residing in lower, heavier frequencies of fear and separation.

This **conditioned-based THINKING**, contains a lot of energy that has no basis in absolute truth. The mixed messages of the mind and heart (deeper feelings) produces disconnected states, or states of non-health, or disease. Rather than being based in who we really are, they are based in the lower vibrational thinking past view of scarcity, lack, competition, fight, power limitations.

So our **current thoughts** serve to either expand us, keep us in unlimited abundance and potential. Or, keep us limited, small and contracted, and weakens our willpower. Keeps us stuck in patterns of defeat and disempowerment.

Our **BEHAVIORS**. We become automatically **REACTIVE** to life and resist people and negative experiences. These lower perspectives, cause our field of energy to stay limited or contracted. This has cause-effect consequences, that get continually recreated, again and again until connection can get restored.

Our moment to moment capacity, to stay connected to the present moment, contributes to the quality of our current moment experience that we will have.

WHAT LIFE IS LIKE, in disconnected moments

Repeating, conditioned-based untruths. Dishonesties. Roots in human past.
Energy of shame, guilt, apathy. Judgment consciousness (good/bad).
Victim/blame consciousness (right/wrong).

Energy of fear, addiction, anger. Fight, defend, flee urges. Lack of inner control. Unsettledness.
Keeps us small, contracted, weakened. No time to digest energy. No acceptance, or forgiveness.
Keeps us separated from rest. Covers up truth of self, of life. Limits our seeing. Re-creates our stress.
Limits us when we focus on what we will expect will happen.

Recurring experiences of feeling frustrated, discouraged, bothered, upset, worried, scared, anxious.
Less capacities to respond to life. Less able to deal with current stressor or emerging discomforts.
Less awareness. Less clarity. Less inner connection. Less security. Less trusting of life.

More reactive to life. More control of outside needed. Less communication with others. Less understanding,
less possibilities. Tendency to see other as separate or different. Difficulty seeing them clearly or feeling an
emotional bond. Can't stay fully present or solve conflicts effectively.

Keep us over-focusing on others and what they should be doing.
Leads to more disempowerment or control.
Less flow, less health of the system.

Examples of deeper lower frequency beliefs that we reside in: the view that others are the cause of our
problems (**separation consciousness**). Comes with feeling that others as different, wrong, or bad. So we blame
them and project our stuff onto them. Happens when we never developed an ability to trust others.

That I am *"unable to get my needs met, or can't ever get things done"* (**limitation consciousness**).
Comes with the feeling that we can't manifest things the way we want.

That *"I can't affect change or fix problem in my life"*. Causes us to stay in addictions, or draining relationships;
persisting pain or stressors. Comes with feeling of giving up at moments, feeling defeated, or "why bother".

WHAT LIFE IS LIKE, in connected moments

Energy of having pride, determination, courage. Willingness, neutrality, reason, acceptance.
Seeing truths of self and life. Focusing on our authentic goodness. Believing in self and in others.
Being inclusive of all. Unity consciousness. Loving, joyful, peaceful.

Energy of deeper relaxation. Grounding. More inner movement and flow.
Keeps us stronger and more expanded. Open to seeing more possibilities.
Higher perspectives, more awareness. Alignment to our core intelligence. More empowered.

Able to believe in self and abilities. Able to see self as deserving of life.
Able to apply and maintain a larger perspective of awareness in daily life.
Less focused on outside or on others.

Enable more awareness of self in life. Aligns to our innate intelligence within so can see the truth about our
self. Able to hold gratitude to life's blessings.