

AWAKENINGS



HEALING heARTS Community Center

Consciousness
and
Tapping

Conscious



Subconscious

We only have one mind, but like other parts of the body we divide it up in order to more easily study and talk about it.

The Conscious part of our mind is **AWARE**, and the Subconscious is **UNAWARE**.
They are both made of and a part of the same thing.

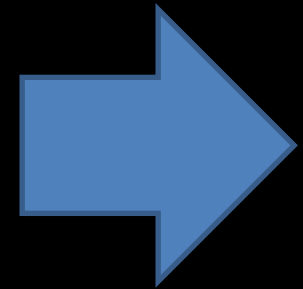
Our Consciousness is creating our reality, or at the very least it creating our experience of reality.

Conscious

Subconscious



Duality - Parasites



Your Con and Sub have the same creative power. They are in essence creative thought.

What this means is that if your Con and Sub don't agree on something you will be creating two conflicting realities. You will create wanting something, and at the same time the inability to get it.

This is the Split or Dualistic mind. It is heavily mirrored in our reality, because unifying our consciousness...coming into integrity with ourselves which leads to spiritual integration is a big part of what we are doing here!

Conscious

Subconscious



Duality - Parasites

We are born into this world where everyone is fighting. As spiritual babies we get caught up in the fighting. Eventually through the experiences of the fighting environment a soul begins to desire peace...harmony. In other words, the environment (no matter how horrible) helps us to grow. Through this growth we reach spiritual maturity. As spiritual mature beings we have learned how to create and maintain peace and harmony in our minds, bodies and life.

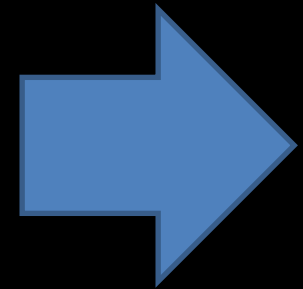
If you are caught up in fighting **SOMETHING** out there you are helping to perpetuate the split/dualistic/polarized mind and world experiences of that!!! This is fine, because this is part of the purpose of this reality. You will play this game until you're really ready to choose peace and harmony over struggle, conflict and fighting. You can tell where you are, because at any given moment the state of your mind, body and life are reflecting your level of harmony.

Conscious

Subconscious



Duality - Parasites



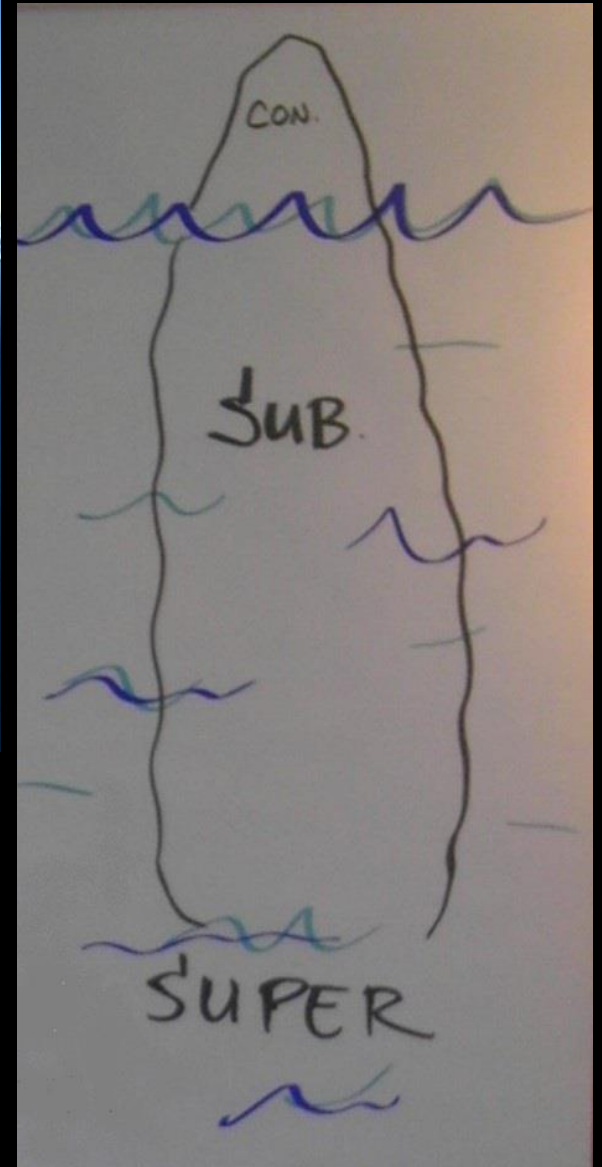
I could go on here, but this would then turn into a 3 hour video.

The main thing I want you to get is:

1. Your Con and Sub are made of the same creative mind stuff.
2. They are simultaneously creating, at the very least, your experience of reality.
3. To the degree your Con and Sub are in agreement is to the degree you will have or not have a thing in your life experiences.

Conscious

Subconscious

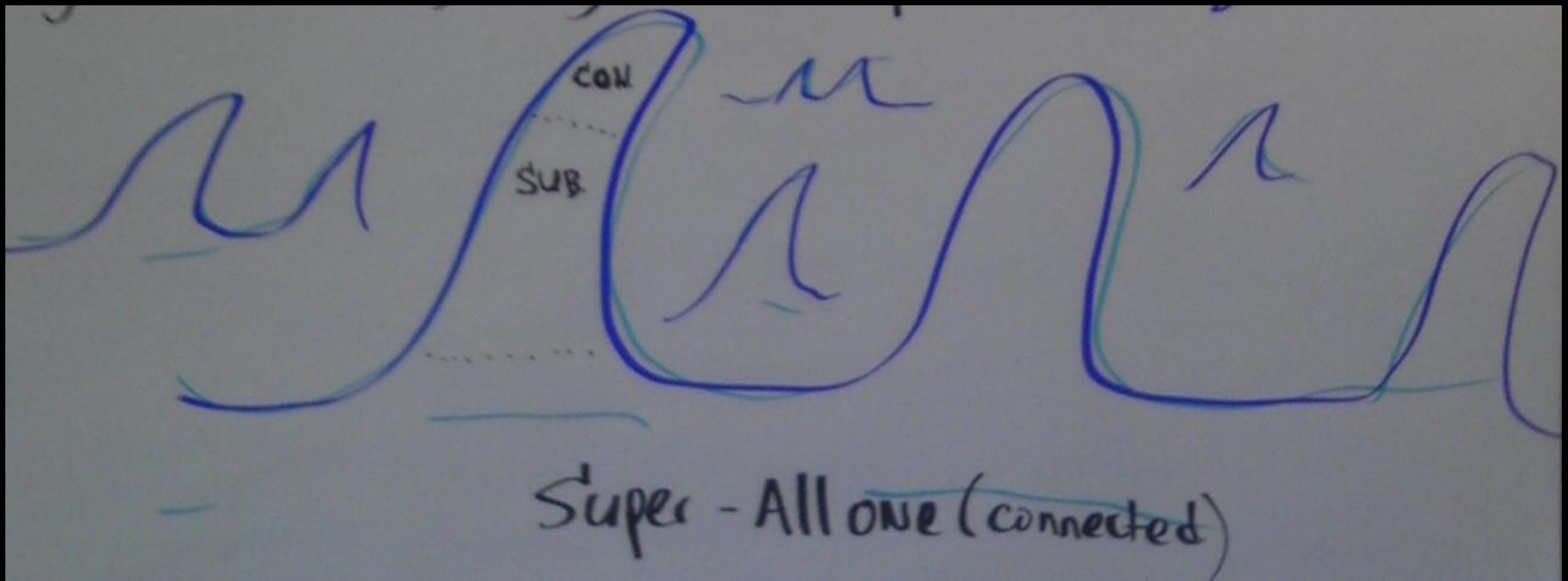


Now lets go a little deeper!

The Iceberg analogy doesn't consider the Superconscious.
The Superconscious is the ocean!

The Iceberg analogy separates us from the ocean.

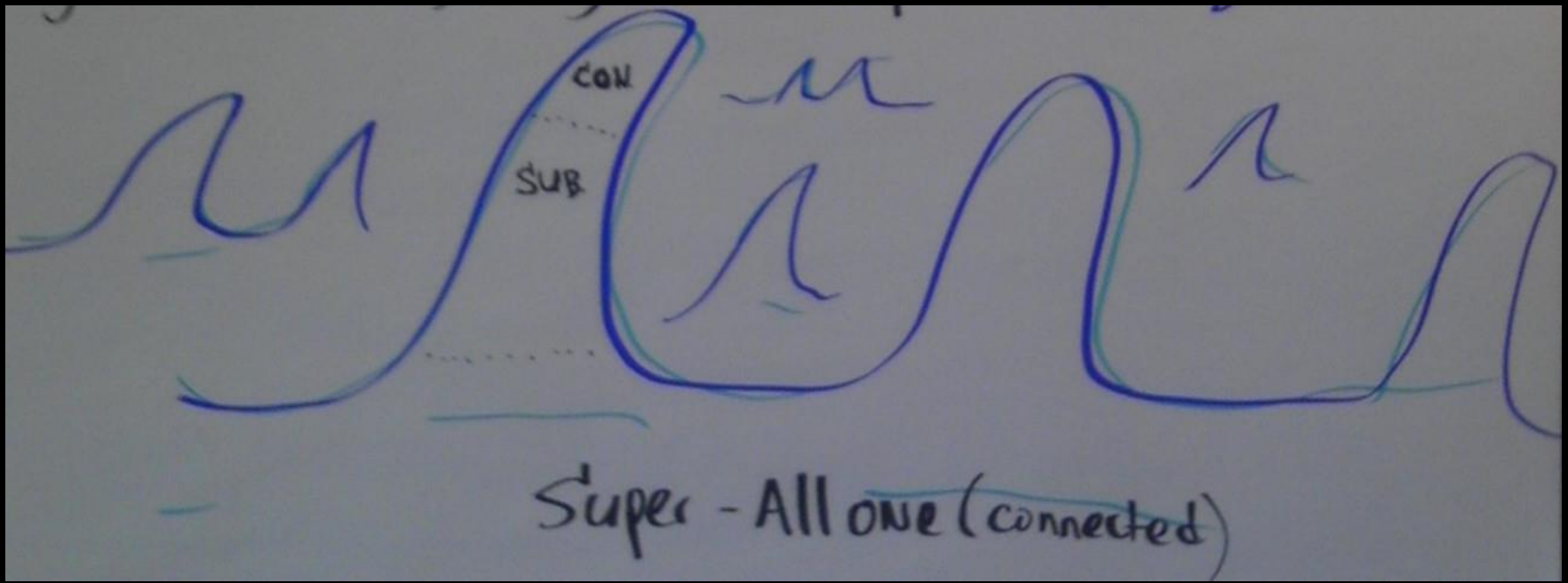
A better representation of our consciousness would be a
WAVE on and of the ocean.



I think most of you have heard the analogy of us being waves or drops in the ocean.
This is a great analogy!

If we are focused “out” away from the ocean we see the other waves as separate.
However, if we simple turn inward and dive deep, we will see that we are **ALL
CONNECTED.**

The Super-conscious is where we are all connected. It is limitless aspect of our
collective (all one) consciousness.

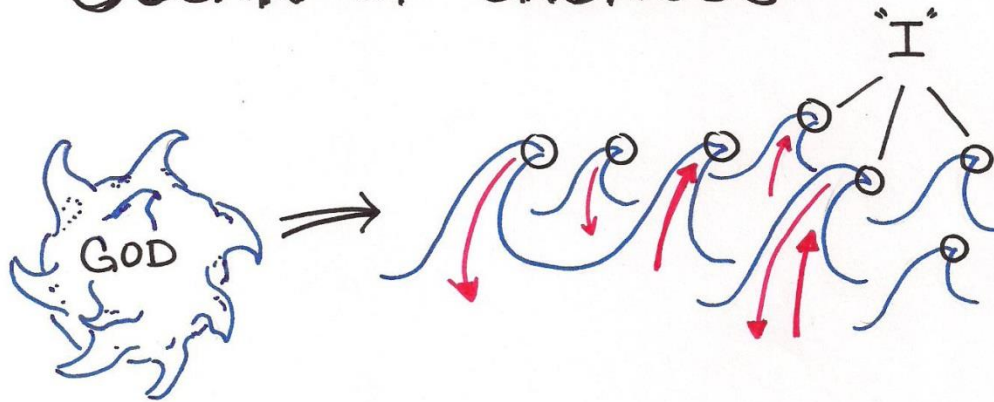


Now, if you can get your Conscious/Aware mind and Subconscious/Unaware mind to agree 100% on a thing, you **ACTIVATE** your...**OUR** Superconscious creative energy mind to create that as a Collective experience!!!

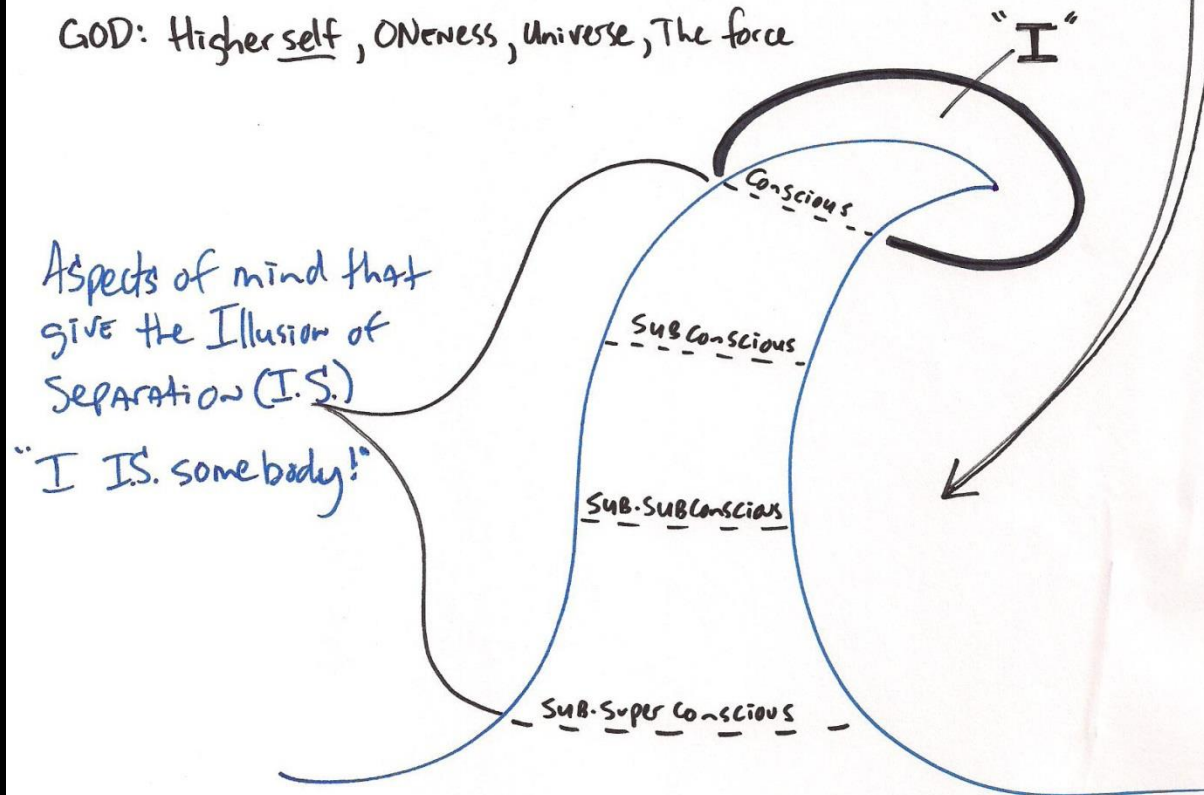
Enlightenment simply means that your Con and Sub are harmonious partners. The darkness (lack of light) in either is gone. There is actually no more separation between your Con, your Sub and the Superconscious!

On one level, all therapies involving self help/growth are about unifying your Con and Sub, which in turn opens the clears the channel between your single focused consciousness and the infinite.

OCEAN OF ONENESS'S



GOD: Higher self, ONENESS, universe, The force



GOD / Higher self



Now, let's apply that to Tapping.



<https://www.youtube.com/watch?feature=endscreen&v=5EK6yL6Yf-g&NR=1>



Imagining and/or feeling that the physical body, your own or someone else's, is rippling like water while you are tapping will help develop your 3rd eye chakra. It will also stimulate your Subconscious to get involved, and help create experiences where the world doesn't seem so solid.

Quantum Physics reveals that the physical world is “mostly empty space.”

The movie Inception comes to mind. By stimulating your Subconscious with visuals it will start to fill in the details. This means the more you play with this exercise the more you will experience what you are imagining. Over time, you will experience this new reality not only while you are imagining it, but it will start to show up everywhere in your life.

To the degree that your Conscious and Subconscious mind are in agreement, you plug into the Superconsciousness and begin to collectively create a reality according to your imagining (what ever that might be...**positive or negative**) with those of LIKE Consciousness. If you completely get this you will know why it is soooo important to be selective in what you think and visualize!!!

I honor that place in you
Where when you are in that place in you
and I am in that place in me
WE ARE ONE!

We are made of the same Star stuff, we breathe
the same Air, walk on the same Earth and drink the
same Water.

NAMASTE

AWAKENINGS

Mind-Body-Spirit Alignment



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