



# Experiencing Consciousness

## Why Our Consciousness Helps Us Handle Life

If we are to live in harmony, justice, peace, and fulfill our destiny, our consciousness is what needs our most undivided attention. It provides benefits that range from improving error detection, to facilitating perception, to enabling us to engage in objective conceptual thoughts and it even provides flexibility. Consciousness understands, not only that we exist, but WHY we exist. Miraculously, it cannot be learned; it can only be developed, as it is something that we already possess.

Good or bad karma, peace of mind or stress, realizing our purpose for being here or being numbed at the wheel, are the result of our expanded or limited consciousness. The words asleep or awakened are perfect for this topic of awareness. In order to empower our consciousness, we must not only pay attention to what we see, we must pay more attention to what we do not see. Everything is energy, and energy is not something that can be seen, it can only be intuited or felt.

Our third dimensional thinking is inundated with violence, fear, scarcity and addiction, and these things keep us connected to anxiety and illness. In truth, we desperately need our consciousness, because it is what keeps us connected to forces that are best for our self-empowerment and health.

Money, on the earth plane has become an extremely important tool, if we are to create the change needed for this planet to survive. The saying that money is the root of all evil is not correct. It is not the money itself, it is the consciousness we infuse into the money that decides whether it is dark or divine.

Our empowerment is enlivened when we learn to manifest higher consciousness into our day to day living. We do this by integrating our conscience into our decisions, our morals into our goals, our values into our ideas, our truth into our relationships and our pure cognitive process into our manifestations.

As well, and most importantly, our heart opens the door to our soul and our soul is the doorway to our consciousness. When we learn to activate our heart into all relationships, especially challenging ones, we become the infusion of consciousness into humanity.

However, for this to happen, we must never have an attachment for it to work. We humans are addicted to control, and our fear of losing it invokes limitations, so we must never have an illusion that we can control another.

Ego is connected to unconsciousness and cannot co-exist within consciousness. Which becomes the safeguard for our higher- self. Consciousness can only be intertwined into the human brain through astute intuitive awareness and mindful discipline. Because our consciousness is associated with decision-making, planning and responding to data and information input, the more conscious we are, the more successful and at peace we become.

Our emotions trigger our physical, so we can assume that our emotions need the most attention and quelling. When we give power to stress, fear, anxiety, hurt, anger, resentment, negativity, and avarice, we are essentially suffocating our consciousness. Our consciousness can annihilate our unconscious thoughts and deeds, which, at present are destroying our planet. This is the root of all madness. So, it is safe to say that our consciousness is our biggest weapon against darkness and injustice of any kind. In fact, the abuse of all the innocents in this world are a result of human unconsciousness.

The word that most instigates consciousness is the word ‘Why’? Consciousness teaches us that it does not matter what we do, but why are we doing it? It does not matter how much money we make, but why are we making it? It does not matter how challenging things get, but why did they happen and how can we eliminate them as quickly and seamlessly as possible?

The word why, when studied in depth, becomes the Geiger to the real reason something has happened or is happening. This, then shows us how to respond. We do away with reaction, confusion and drama.

Though consciousness is connected to memories of present and past lives, it still holds the mysteries of the future, and this cannot be explained in a third dimensional way. It does not fit into anything...as it flows... it is always in motion. When our thought forms become one with our consciousness, it is then that we become peaceful and serene.

Thoughts were designed to be wisdoms, coming from knowing. When we use our thoughts to feed the hunger of our negative emotional state, it is then that we become “lost” in a sea of turbulence. When we use our consciousness to feed our thoughts, it is then that we become one with the magic and miracles, as our consciousness is our tie to heaven.

## **Protecting and Developing the Mind**

There has been growing evidence that our minds go way beyond our brain. We see things in our mind’s eye, and as this develops, we even begin to hear an outer or inner voice. We develop a sense of KNOWING and this KNOWING provides, intelligence, protection, wisdom, the ability to foresee future events, understand the unseen cosmic order and ingest Universal Knowledge. All of the above are connected and filter through our consciousness, which is protected and instigated by our minds.

## Ways to Protect and Develop Our Consciousness

Be mindful of lower thought forms and elements

Be mindful of clearing your mind of confusion

Be mindful of protecting our integrity and principles

Be mindful not to be tricked or swayed

Be mindful of ego-attachments

Be mindful of having a well-intended heart

Be mindful of respectful language

Be mindful of reasons why

Be mindful of being centered and calm

Be mindful of using your feelings rather than them using you

Be mindful of desires (this is different from attachments)

Be mindful of jealousy, whether in ourselves or another

Be mindful of resentment, whether in ourselves or another

Be mindful of empowering negative thought

Be mindful of things unseen

Be mindful of coincidences

Be mindful of patience

Be mindful of injustices

Be mindful of solutions

Be mindful of truth

Be mindful of compassion

Be mindful of being mindful