

MANY TRADITIONS HAVE CONTEMPLATED REINCARNATION AS A KIND OF SCHOOL FOR THE SOUL.

The Reincarnation Process

Across spiritual traditions (Hinduism, Buddhism, Theosophy, mystical Christianity, and even some indigenous teachings), reincarnation is described as the cyclical process by which the soul enters physical life, gains experience, and eventually returns to a higher spiritual reality. Each life becomes a "lesson plan" designed to help refine character, deepen wisdom, and move closer toward unity with the Divine.

- **Life Experience:** Each incarnation provides unique circumstances—family, culture, challenges, and opportunities. These conditions are chosen or allowed by the soul (and higher spiritual law) to expose it to the lessons it needs for growth.
 - **Gradual Increase of Wisdom:** Just as one cannot master all disciplines in a single school year, the soul takes multiple lifetimes to accumulate understanding, empathy, and insight.
 - **Unconditional Love:** Many teachings hold that the highest aim is *agapē* or universal love. Through struggle, suffering, joy, and relationship, the soul learns to release fear and attachment, moving toward unconditional love.
 - **Higher Consciousness:** As the soul advances, it transcends ego-driven desires and begins to perceive reality in a more expansive, unified way—sometimes described as Christ Consciousness, Nirvana, Moksha, or Enlightenment.
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Why We Do Not Remember Past Lives

This is one of the most common questions seekers raise. Here are some perspectives:

1. **Protection of the Psyche**

Remembering dozens or hundreds of lifetimes would overload the conscious mind and make present-life lessons nearly impossible to focus on.

Forgetfulness acts as a kind of spiritual *mercy* that allows us to concentrate on the "now."

2. **Free Will and Fresh Learning**

If we remembered exactly how we failed (or succeeded) before, our actions might become mechanical or guilt-ridden. Forgetting ensures that we approach challenges authentically, as if for the first time, and exercise true free will.

3. **Karmic Neutrality**

Past-life memory could bias us strongly—toward revenge, clinging, or pride. By "resetting" memory, karma plays out naturally without conscious manipulation.

4. **Higher Memory Exists, But Not in the Ego**

Many traditions hold that the *soul* does remember, but the *personality* (ego, everyday consciousness) does not. Through deep meditation, hypnosis, near-death experiences, or mystical awakening, glimpses of these memories sometimes surface.

The Evolutionary Purpose

The soul's long arc of reincarnation is said to be about:

- **Mastering polarity** (strength vs. compassion, power vs. humility, knowledge vs. wisdom).
- **Learning unity** (seeing self in others, transcending separation).
- **Returning to Source** (realizing that the soul, once fully matured, is a spark of the Divine meant to reunite with the Whole).

In this way, reincarnation is less punishment and more apprenticeship in the art of being fully human and, ultimately, divine.

👉 Would you like me to create a **structured diagram or flowchart** (soul enters → gains lessons → forgets → reincarnates → evolves upward) that visually maps this evolutionary journey through reincarnation toward higher consciousness?

Reincarnation Journey Toward Higher Consciousness

Soul Enters Physical Life

The soul chooses or is guided into a new incarnation, entering a body and circumstances designed for learning.

Gains Lessons & Experiences

Each life provides opportunities to learn through challenges, relationships, joys, and hardships. These lessons contribute to the soul's growth.

Forgets Past Lives

Conscious memory of previous incarnations is veiled to protect the psyche, preserve free will, and allow authentic learning.

Reincarnates Again

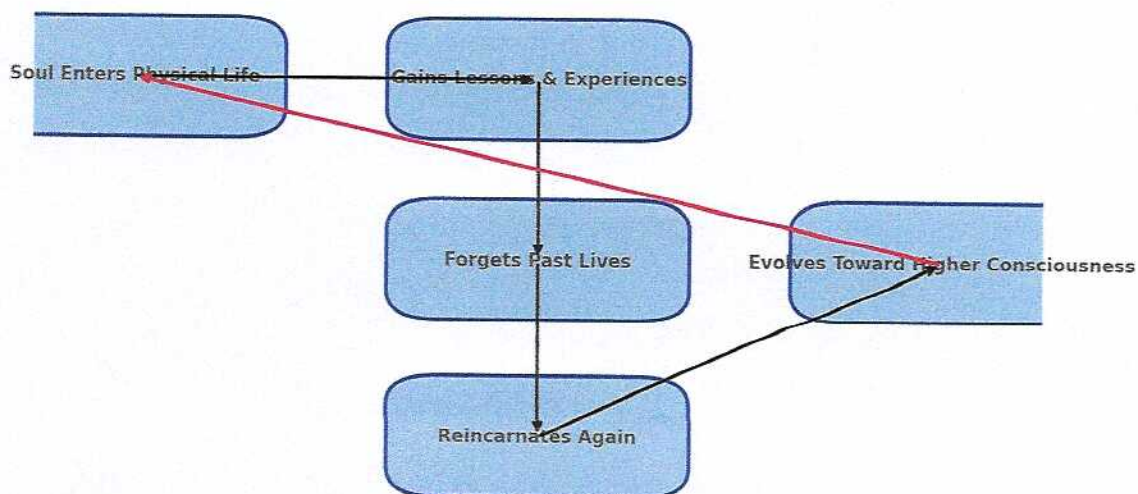
After death, the soul reflects, reviews lessons, and prepares to enter a new life with fresh conditions for growth.

Evolves Toward Higher Consciousness

With each cycle, the soul integrates wisdom, learns unconditional love, and gradually ascends toward enlightenment and unity with the Divine.

Reincarnation Journey Toward Higher Consciousness

Reincarnation Journey Toward Higher Consciousness



CHAPTER 12

THE SUBCONSCIOUS MIND

THE CONNECTING LINK

The Eleventh Step toward Riches



THE SUBCONSCIOUS MIND consists of a field of consciousness, in which every impulse of thought that reaches the objective mind through any of the five senses, is classified and recorded, and from which thoughts may be recalled or withdrawn as letters may be taken from a filing cabinet.

It receives, and files, sense impressions or thoughts, regardless of their nature. You may VOLUNTARILY plant in your subconscious mind any plan, thought, or purpose which you desire to translate into its physical or monetary equivalent. The subconscious acts first on the dominating desires which have been mixed with emotional feeling, such as faith.

Consider this in connection with the instructions given in the chapter on DESIRE, for taking the six steps there outlined, and the instructions given in the chapter on the building and execution of plans, and you will understand the importance of the thought conveyed.

THE SUBCONSCIOUS MIND WORKS DAY AND NIGHT. Through a method of procedure, unknown to man, the subconscious mind draws upon the forces of Infinite Intelligence for the power with which it voluntarily transmutes one's desires into their physical equivalent, making use,

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always of the most practical media by which this end may be accomplished.

You cannot *entirely* control your subconscious mind, but you can voluntarily hand over to it any plan, desire, or purpose which you wish transformed into concrete form. Read, again, instructions for using the subconscious mind, in the chapter on autosuggestion.

There is plenty of evidence to support the belief that the subconscious mind is the connecting link between the finite mind of man and Infinite Intelligence. It is the intermediary through which one may draw upon the forces of Infinite Intelligence at will. It, alone, contains the secret process by which mental impulses are modified and changed into their spiritual equivalent. It, alone, is the medium through which prayer may be transmitted to the source capable of answering prayer.

The possibilities of creative effort connected with the subconscious mind are stupendous and imponderable. They inspire one with awe.

I never approach the discussion of the subconscious mind without a feeling of littleness and inferiority due, perhaps, to the fact that man's entire stock of knowledge on this subject is so pitifully limited. The very fact that the subconscious mind is the medium of communication between the thinking mind of man and Infinite Intelligence is, of itself, a thought which almost paralyzes one's reason.

After you have accepted, as a reality, the existence of the subconscious mind, and understand its possibilities, as a medium for transmuting your

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[paragraph continues] DESIRES into their physical or monetary equivalent, you will comprehend the full significance of the instructions given in the chapter on DESIRE. You will also understand why you have been repeatedly admonished to MAKE YOUR DESIRES CLEAR, AND TO REDUCE THEM TO WRITING. You will also understand the necessity of PERSISTENCE in carrying out instructions.

The thirteen principles are the stimuli with which you acquire the ability to reach, and to influence your subconscious mind. Do not become discouraged, if you cannot do this upon the first attempt. Remember that the subconscious mind may be voluntarily directed *only through habit*, under the directions given in the chapter on FAITH. You have not yet had time to master faith. Be patient. Be persistent.

A good many statements in the chapters on faith and auto-suggestion will be repeated here, for the benefit of YOUR subconscious mind. Remember, your subconscious mind functions voluntarily, *whether you make any effort to influence it or not*. This, naturally, suggests to you that thoughts of fear and poverty, and all negative thoughts serve as stimuli to your subconscious mind, unless, you master these impulses and give it more desirable food upon which it may feed.

The subconscious mind will not remain idle! If you fail to plant DESIRES in your subconscious mind, it will feed upon the thoughts which reach it as the *result of your neglect*. We have already explained that thought impulses, both negative and positive are reaching the subconscious mind continuously,

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from the four sources which were mentioned in the chapter on Sex Transmutation.

For the present, it is sufficient if you remember that you are living *daily*, in the midst of all manner of thought impulses which are reaching your subconscious mind, without your knowledge. Some of these impulses are negative, some are positive. You are now engaged in trying to help shut off the flow of negative impulses, and to aid in voluntarily influencing your subconscious mind, through positive impulses of DESIRE.

When you achieve this, you will possess the key which unlocks the door to your subconscious mind. Moreover, you will control that door so completely, that no undesirable thought may influence your subconscious mind.

Everything which man creates, BEGINS in the form of a thought impulse. Man can create nothing which he does not first conceive in THOUGHT. Through the aid of the imagination, thought impulses may be assembled into plans. The imagination, when under control, may be used for the creation of plans or purposes that lead to success in one's chosen occupation.

All thought impulses, intended for transmutation into their physical equivalent, voluntarily planted in the subconscious mind, must pass through the imagination, and be mixed with faith. The "mixing" of faith with a plan, or purpose, intended for submission to the subconscious mind, may be done ONLY through the imagination.

From these statements, you will readily observe that voluntary use of the subconscious mind calls

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for coordination and application of all the principles.

Ella Wheeler Wilcox gave evidence of her understanding of the power of the subconscious mind when she wrote:

"You never can tell what a thought will do in bringing you hate or love-- For thoughts are things, and their airy wings Are swifter than carrier doves. They follow the law of the universe-- Each thing creates its kind, And they speed O'er the track to bring you back Whatever went out from your mind."

Mrs. Wilcox understood the truth, that thoughts which go out from one's mind, also imbed themselves deeply in one's subconscious mind, where they serve as a magnet, pattern, or blueprint by which the subconscious mind is influenced while translating them into their physical equivalent. Thoughts are truly things, for the reason that every material thing begins in the form of thought-energy.

The subconscious mind is more susceptible to influence by impulses of thought mixed with "feeling" or emotion, than by those originating solely in the reasoning portion of the mind. In fact, there is much evidence to support the theory, that ONLY emotionalized thoughts have any ACTION influence upon the subconscious mind. It is a well known fact that emotion or feeling, rules the majority of people. If it is true that the subconscious mind responds more quickly to, and is influenced

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more readily by thought impulses which are well mixed with emotion, it is essential to become familiar with the more important of the emotions. There are seven major positive emotions, and seven major negative emotions. The negatives voluntarily inject themselves into the thought

impulses, which insure passage into the subconscious mind. The positives must be injected, through the principle of auto-suggestion, into the thought impulses which an individual wishes to pass on to his subconscious mind. (Instructions have been given in the chapter on auto-suggestion.)

These emotions, or feeling impulses, may be likened to yeast in a loaf of bread, because they constitute the ACTION element, which transforms thought impulses from the passive to the active state. Thus may one understand why thought impulses, which have been well mixed with emotion, are acted upon more readily than thought impulses originating in "cold reason."

You are preparing yourself to influence and control the "inner audience" of your subconscious mind, in order to hand over to it the DESIRE for money, which you wish transmuted into its monetary equivalent. It is essential, therefore, that you understand the method of approach to this "inner audience." You must speak its language, or it will not heed your call. It understands best the language of emotion or feeling. Let us, therefore describe here the seven major positive emotions, and the seven major negative emotions, so that you may draw upon the positives, and avoid the negatives, when giving instructions to your subconscious mind. (p. 297)

THE TEN MIND STIMULI THAT CAUSE THE VIBRATION IN THE SUPER FINE ETHERS

The human mind responds to stimuli, through which it may be "keyed up" to high rates of vibration, known as enthusiasm, creative imagination, intense desire, etc. The stimuli to which the mind responds most freely are:--

1. *The desire for sex expression*
2. *Love*
3. *A burning desire for fame, power, or financial gain, MONEY*
4. *Music*
5. *Friendship between either those of the same sex, or those of the opposite sex.*
6. *A Master Mind alliance based upon the harmony of two or more people who ally themselves for spiritual or temporal advancement.*
7. *Mutual suffering, such as that experienced by people who are persecuted.*
8. *Auto-suggestion*
9. *Fear*
10. *Narcotics and alcohol.*

The desire for sex expression comes at the head of the list of stimuli, which most effectively "step-up" the vibrations of the mind and start the "wheels" of physical action. Eight of these stimuli are natural and constructive. Two are destructive. The list is here presented for the purpose of enabling

THE SEVEN MAJOR POSITIVE EMOTIONS

The emotion of DESIRE

The emotion of FAITH

The emotion of LOVE

The emotion of SEX

The emotion of ENTHUSIASM

The emotion of ROMANCE

The emotion of HOPE

There are other positive emotions, but these are the seven most powerful, and the ones most commonly used in creative effort. Master these seven emotions (they can be mastered only by USE), and the other positive emotions will be at your command when you need them. Remember, in this connection, that you are studying a book which is intended to help you develop a "money consciousness" by *filling your mind with positive emotions*. One does not become money conscious by filling one's mind with negative emotions.

THE SEVEN MAJOR NEGATIVE EMOTIONS:

(To be avoided)

The emotion of FEAR

The emotion of JEALOUSY

The emotion of HATRED

The emotion of REVENGE

The emotion of GREED

The emotion of SUPERSTITION

The emotion of ANGER

Positive and negative emotions cannot occupy the mind at the same time. One or the other must dominate. It is your responsibility to make sure (p. 298) that positive emotions constitute the dominating influence of your mind.

Here the law of HABIT will come to your aid. *Form the habit of applying and using the positive emotions!* Eventually, they will dominate your mind so completely, that the negatives *cannot enter it.*

Only by following these instructions literally, and continuously, can you gain control over your subconscious mind. The presence of a single negative in your conscious mind is sufficient to *destroy* all chances of constructive aid from your subconscious mind.

If you are an observing person, you must have noticed that most people resort to prayer **ONLY** after everything else has **FAILED!** Or else they pray by a ritual of meaningless words. And, because it is a fact that most people who pray, do so **ONLY AFTER EVERYTHING ELSE HAS FAILED**, they go to prayer with their minds filled with **FEAR** and **DOUBT**, *which are the emotions the subconscious mind acts upon*, and passes on to Infinite Intelligence. Likewise, that is the emotion which Infinite Intelligence receives, and **ACTS UPON**.

If you pray for a thing, but have fear as you pray, that you may not receive it, or that your prayer will not be acted upon by Infinite Intelligence, your prayer *will have been in vain*.

Prayer does, sometimes, result in the realization of that for which one prays. If you have ever had the experience of receiving that for which you prayed, go back in your memory, and recall your actual **STATE OF MIND**, while you were praying, (p. 2990 and you will know, for sure, that the theory here described is more than a theory.

The time will come when the schools and educational institutions of the country will teach the "science of prayer." Moreover, then prayer may be, and will be reduced to a science. When that time comes, (it will come as soon as mankind is ready for it, and demands it), no one will approach the Universal Mind in a state of fear, for the very good reason that there will be no such emotion as fear. Ignorance, superstition, and false teaching will have disappeared, and man will have attained his true status as a child of Infinite Intelligence. A few have already attained this blessing.

If you believe this prophesy is far-fetched, take a look at the human race in retrospect. Less than a hundred years ago, men believed the lightning to be evidence of the wrath of God, and feared it. Now, thanks to the power of **FAITH**, men have harnessed the lightning and made it turn the wheels of industry. Much less than a hundred years ago, men believed the space between the planets to be nothing but a great void, a stretch of dead nothingness. Now, thanks to this same power of **FAITH**, men know that far from being either dead or a void, the space between the planets is very much alive, that it is the highest form of vibration known, excepting, perhaps, the vibration of **THOUGHT**. Moreover, men know that this living, pulsating, vibratory energy which permeates every atom of matter, and fills every niche of space, connects every human brain with every other human brain.

What reason have men to believe that this same (p. 300) energy does not connect every human brain with Infinite Intelligence?

There are no toll-gates between the finite mind of man and Infinite Intelligence. The communication costs nothing except **Patience, Faith, Persistence, Understanding, and a SINCERE DESIRE** to communicate.

Moreover, the approach can be made only by the individual himself. Paid prayers are worthless. Infinite Intelligence does no business by proxy. You either go direct, or you do not communicate.

You may buy prayer books and repeat them until the day of your doom, without avail. Thoughts which you wish to communicate to Infinite Intelligence, must undergo transformation, such as can be given only through your own subconscious mind.

The method by which you may communicate with Infinite Intelligence is very similar to that through which the vibration of sound is communicated by radio. If you understand the working principle of radio, you of course, know that sound cannot be communicated through the ether until it has been "stepped up," or changed into a rate of vibration which the human ear cannot detect. The radio sending station picks up the sound of the human voice, and "scrambles," or modifies it by stepping up the vibration millions of times. Only in this way, can the vibration of sound be communicated through the ether. After this transformation has taken place, the ether "picks up" the energy (which originally was in the form of vibrations of sound), carries that energy to radio receiving stations, and these receiving sets "step" that energy back down (p. 301) to its original rate of vibration so it is recognized as sound.

The subconscious mind is the intermediary, which translates one's prayers into terms which Infinite Intelligence can recognize, presents the message, and brings back the answer in the form of a definite plan or idea for procuring the object of the prayer. Understand this principle, and you will know why mere words read from a prayer book cannot, and will never serve as an agency of communication between the mind of man and Infinite Intelligence.

Before your prayer will reach Infinite Intelligence (a statement of the author's theory only), it probably is transformed from its original thought vibration into terms of spiritual vibration. Faith is the only known agency which will give your thoughts a spiritual nature. FAITH and FEAR make poor bedfellows. *Where one is found, the other cannot exist.*

THE ESSENES AND THEIR KNOWLEDGE OF PSYCHOLOGY PRACTICED THROUGH THEIR MORNING & EVENING COMMUNIONS

The Essenes expressed an exceptional knowledge of psychology in their practice of the Communion with the natural and cosmic forces. They knew that man has both a conscious and subconscious mind and were well aware of the powers of each.

In making one group of their Communion the first activity of the morning, they consciously set in motion forces that became the keynote of their whole day. They knew that a thought held strongly enough in the consciousness at the beginning of the day influences the individual throughout his waking hours. The morning Communion consequently opened the mind to harmonious currents which enabled them to absorb specific forms of energy into the physical body.

The evening Communion, performed as the last act in the evening before sleep, applied the same principle. The Essenes knew that these last thoughts influenced the subconscious mind throughout the night, and that the evening Communion

therefore put the subconscious into contact with the storehouse of superior cosmic forces. They knew that sleep can thus become a source of deepest knowledge.

The average man experiences this at times, finding a problem solved during sleep and quite often in a way apart from his ordinary trend of thinking. Many scientists, writers and other creative workers have also found that their inventions and ideas have come to them during the night or in the early morning hours.

The knowledge received during sleep is a working of natural law. Although for the majority sleep is little more than a period of detoxication, a means of physiological reparation, for the small minority it represents the psychological perfecting of the individual. The Essenes knew that the higher forces set into action before going to sleep, when the earthly forces of the myriad activities of the day are stilled, would result in the progressive attainment of the lofty objectives of their evening Communion.

They also knew that any negative or inharmonious thought held in their consciousness when they retired would lower their resistance to the negative forces in the outside world.

They had a profound knowledge of the body as well as of the mind. They knew the two could not be separated as they form a dynamic organic unit, and what affects one affects the other. Essenes antedated psychosomatic medicine by several thousand years.

They knew bodily health had a great deal to do with the receiving of the higher forces, and that a detoxicated organism is more capable of establishing contact with them than is one in which the forces are partially paralyzed by the burden of eliminating bodily poisons during the hours of sleep. The superior revelations which have been brought down to us from antiquity by the great thinkers and teachers were given by those who invariably led very simple and harmonious lives. Their bodies consequently were extremely healthy. It was not merely chance that great revelations of truth were received by the great Masters; their organisms had developed capacities lacked by individuals whose lives have been devoted to more worldly pursuits. The Essene teachings and way of life brought about the development of these capacities.

They paid great attention to the food they ate, that it might harmonize with natural law, but they were equally careful of their diet in thought and emotions. They were fully cognizant that man's subconscious mind is like a sensitized plate registering everything the individual sees or hears, and that it is therefore necessary to prevent

all inferior thoughts, such as fear, anxiety, insecurity, hatred, ignorance, egotism and intolerance from entering the gate of the subconscious mind.

The natural law that two things cannot occupy the same space at the same time was clear to them and they knew a person cannot think of two things simultaneously. Therefore if the mind is filled with positive, harmonious thoughts those that are negative and inharmonious cannot lodge in it. Positive, harmonious thoughts must be introduced into the subconscious to replace all inferior ones, just as the cells of the body must constantly be replaced by food, air and water as the old cells are broken down. This was a part of the task accomplished by the Essene Communion, introducing morning, noon and night superior currents of thought and feeling into the thinking and feeling bodies.

The subconscious can be regenerated by a diet of good and harmonious thoughts and feelings administered all during the day, but especially at those moments of borderland consciousness when its receptivity is at its best. When it is thus regenerated it will become a source of energy and harmony to mind and body. It will be a friend sending constructive harmonious messages to every part of the body, causing them to function efficiently.

Certain facts known to the Essenes about introducing a thought or thoughts into the subconscious have been rediscovered by modern psychologists. It is known that when a person is fully conscious, his subconscious mind does not easily accept a purposeful suggestion. And when he is in a subconscious state he cannot of course influence his subconscious consciously. But there are moments when the consciousness is only half submerged in the subconscious, moments such as occur just before going to sleep, just after awaking from sleep, and sometimes when in a state of reverie such as is occasioned by beautiful music or poetry. At such moments the subconscious mind is most receptive to what is given to it.

Many teachings of great religions and practices of ancient and modern philosophical systems, both those of the East and of the West, as well as those of the Essenes, utilize this all-important psychological fact.

The subconscious is dynamic, ever changing, even as are the cells of the body, and it is constantly being fed by the experiences and impressions it receives from the conscious mind. These experiences include all the thoughts and feelings held forcefully enough to create an impression upon it. The traumatic experiences of childhood are those which have been felt with great intensity and fed into the

subconscious mind, but never replaced by new and more constructive impressions and experiences.

The subconscious has been defined as the totality of an individual's experiences from birth to the current moment. Every dynamic new experience changes it; and it can be consciously changed according to the degree of the intensity of the impression put into it. The more intense the impression, the more lasting will it be in the subconscious.

Certain other factors were known by the Essenes to govern the acceptance by the subconscious mind of a thought or a feeling. One was that if the conscious mind does not accept the thought as a reality and a possibility, the subconscious will also reject it.

Another was the necessity of projecting the thought to the subconscious without effort, spontaneously. If an effort is made, the fully conscious state is evoked and the subconscious cannot be reached. To act spontaneously and without effort requires complete relaxation of mind and body. This was part of Essene practice.

They accomplished the first step in relaxation by releasing the tensions or contractions of one group of muscles after another over various parts of the body. The second step was shallow breathing. This lessens the oxygen transport in the lungs and thus decreases the activities of the nerves and other parts of the organism since activity and relaxation cannot occur at the same time. The third step was to avoid thought. For man today this is generally not easy. One way of accomplishing it is by imagining, in total darkness and silence, the darkness of black velvet, and thinking of nothing else. Through these three steps the Essenes brought a kind of semiconsciousness into which a new thought or feeling could be readily introduced into the subconscious.

The thought introduced in this way should be rhythmic enough to maintain the state of relaxation and semi-consciousness. And it should have sufficient power to penetrate into the subconscious and be completely accepted as reality. These preconditions of consciously placing thoughts and feelings in the subconscious mind were perfectly met in the practice of the Essene Communions.

It was shown to be entirely up to each individual what is added to the content of his subconscious mind, what kind of new cells he will build into it. He can deviate from the law and be a slave to his subconscious, or he can take an active part in its regeneration.

The Essene's knowledge of the conscious mind was as profound as their understanding of the subconscious. Their concept of psychology was so all-sided they knew the objectives of their Communion could not be attained through intellectual processes alone, but that the force of feelings is also necessary. Knowledge must arouse an emotion before action is produced.

Feeling is not merely an involuntary process, as many people believe. It is a part of the activity of will. The Essenes considered will contains, or is the mechanism of, three factors: thought, feeling and action. This concept can be illustrated in modern terms by comparison to the parts of an automobile. Thought is the steering wheel; feeling is the motor or force; action corresponds to the wheels. To arrive at a particular destination determined upon by will, all three parts must work in collaboration. An objective is thought of, a desire or feeling is aroused, action takes place.

Will can be used to arouse feeling; it frequently must be used if a desired feeling is to be aroused. It can be developed to do this by training. A technique known to the Essenes enabled an individual to use the will in whatever way he might choose.

Few know this; few know their feelings can be mastered. This is because they do not know how to connect their thoughts and their feelings so the desired action results. They may have right knowledge but act in ways contrary to the knowledge; they may have right knowledge of health, for instance, but continue to eat foods that are harmful. But an emotion, such as the fear of pain or death, will cause them to act rightly.

Of the three forces, thought, feeling and action, thought is the youngest, and consequently the weakest influence in man's consciousness. But man is evolving; his power of thought is increasing steadily. Thought is man's title to nobility. It is a faculty under his individual control; he can think about any subject he wishes. He can control his feelings by thought.

Feelings have a history of hundreds of thousands of years and consequently have built up a much stronger momentum than thought. Consequently they, not thought, govern most of man's actions. Instincts control animals. But man, if he wishes to cease representing the forces of retrogression, must learn to control both instinct and feeling. This he can do through will.

The Essenes believed man should analyze his thoughts and feelings and determine which give him power to carry out a desired action and which paralyze it.

If he does a good deed and analyzes it he can find out what thoughts and feelings prompted his action. He will then understand what kind of thoughts and feelings he should foster.

He will find the deed was not prompted by an abstract thought or a cold intellectual concept. Deeds are prompted by thoughts that have vitality and color, that evoke feeling. Only then do they have enough force to result in action.

Color and vitality are given to thought by creative imagination. Thoughts must create images that are alive. Eastern people have long practiced the art of making thoughts living, full of imagery and pictures. But it is an art that has been much neglected and well nigh forgotten in the West.

Scattered, incoherent thoughts drifting from one thing to another, are only pale wraiths, without life. They are sterile, arousing no feeling, no action. They are valueless.

There is always a feeling behind every action. A right feeling is necessary to produce a right action. Right feelings are sources of energy, harmony and happiness. If they are not sources of these qualities, they are not only valueless; they are dangerous.

Feelings can be placed into one of two categories: those that create energy and those that exhaust it. Through this analysis man can begin to develop will.

By strengthening all the feelings that create energy and avoiding all those that lead to its exhaustion, the Essenes found that will is acquired. The exercise of will means persevering and patient effort. Through it an individual's superior feelings will gradually create a vast storehouse of energy and harmony; and the inferior feelings, leading to weakness and lack of balance, will eventually be eliminated.

The feeling that creates the greatest energy is love, in all its manifestations, for love is the primordial source of all existence, of all sources of energy, harmony and knowledge. Manifested in terrestrial nature it gives all that is necessary for health. Manifested in the human organism it gives dynamic harmony to all the cells, organs and senses of the organism. Manifested in the consciousness it makes it possible for man to understand cosmic and natural law, including social and cultural laws, and to employ them as sources of harmony and knowledge. Will is the key to the manifestation of this greatest source of energy.

The three enemies of will are dispersion of energy, laziness and sensuality. These three can lead to another formidable enemy of will: disease. Good health is the will's great friend. A dynamic healthy individual commands, and the will obeys; whereas muscular pain or nervous weakness paralyzes the will. This was one of the reasons the Essenes laid such stress on good health and the way of living and thinking that produces health.

The practice of the Communion required continual exercise and use of will. They considered every great value in human culture owes its creation to the exercise of the will, and that true values were only produced by those who use the will. They thoroughly realized the necessity of educating it and considered the key to its education is the direction of the feelings by a powerful creative imagination.

Through their profound understanding of psychological forces the Essene Communion taught man the Way to freedom, the way of liberation from blind acceptance of negative conditions either in the physical body or the mind. They showed the way of optimal evolution of both mind and body.

"He assigned to man two spirits with which he should walk.

They are the spirits of truth and of falsehood, truth born out of the spring of Light, falsehood from the well Of darkness.

The dominion of all the children of truth is in the hands of the Angels of Light so that they walk in the ways of Light. The spirits of truth and falsehood struggle within the heart of man, behaving with wisdom and folly.

And according as a man inherits truth so will he avoid darkness.

"Blessings on all that have cast their lot with the Law,

that walk truthfully in all their ways.

May the Law bless them with all good

And keep them from all evil

And illumine their hearts

with insight into the things of life

and grace them with knowledge of things eternal."

From "The Manual of Discipline" of the Dead Sea Scrolls

What is "Infinite Intelligence" and how can you make it work for you?



Written by [Judy Tarasek](#) on Feb 18, 2009 10:57 am

The term "Infinite Intelligence" conjures up a myriad of images, from the wisdom of King Solomon, to a Super Computer, crunching hundreds of thousands of numbers. In reality, it's neither of those.

"Infinite Intelligence" is as old and as vast as time. It is the glue that connects all living things with a "higher intelligence". It links the senses to the conscious mind. It is the inspiration that we feel when an idea hits us in the gut (hence the term, "gut feeling"), or when we sit down and effortlessly write an article or a book and the words seem to flow from another place. Whether you believe in God, or just the existence of a higher intelligence, "Infinite Intelligence" is what comes from it to us and flows back to it from us, in a constant ebb and flow.

Our five senses receive information, images and impressions twenty-four hours a day. Called 'Subjective Signals', we consciously allow or disallow this information to be received by our senses. We receive "Subjective Signals" by watching TV, listening to the radio, talking to friends and co-workers, taking a drive to a new area, smelling or eating a new kind of food, etc. If we chose not to receive 'subjective signals', we would have to consciously block our senses from receiving external stimulus. We could do this by sitting in a dark room, alone, or meditating, for example. My main point is that we have control over what our senses receive or do not receive on any given day regarding external stimuli.

Once our senses receive external stimuli, it is transferred to the subconscious. As the information is received by the subconscious, it is transferred to the body and acted upon. For example, you step out into bright sunlight, it hits your retina, the signal is transferred to your subconscious that the light is too bright and you blink. Further action might take the form of deciding to put on your sunglasses. The action of the sun hitting your retina has caused both a subconscious action (you blink) and a conscious action (you decide you need to put on your sunglasses).

There are times when you might get a **hunch**, or an **intuitive feeling**, known as a "**gut**" feeling. This hunch is received from '**Infinite Intelligence**', transferred to the conscious mind, which is then transferred to the subconscious mind, and then

back to the body to be acted upon. When we sleep our subconscious mind is unguarded, and during that period, a person might have a thought that wakes them up. When this happens it is a good idea to write it down. This type of thing most often happens with creative types, such as authors or songwriters, but can happen to anyone. The person might wake up with an idea for a lyric or a book, and many have said that their inspiration came while they were sleeping. The unguarded subconscious mind allows them to channel inspiration directly from "Infinite Intelligence".

The subconscious is the part of our brain/being that does exactly what you need it to do, without thinking - It Just Is. It controls all of your automatic actions, like blinking your eyes, your heart beating, moving your arms and legs, and digesting your food. You can, however, control these automatic actions with the conscious mind. For example, there have been cases where people have actually willed themselves to die. People have been known to slow down their heartbeat during meditation merely with thought. A perfectly healthy person can make himself or herself sick enough to die if their conscious mind wills it - they can actually stop the automatic functions of a healthy body and cause them to shut down. You have heard of a person "dying of a broken heart", haven't you? If a person is in such a state of despair that they lose the will to live, they can actually cause their heart to stop functioning. On the other hand, people who are very ill have been known to beat the odds of survival, predicted for them by medical science, just by forcing the subconscious mind to heal their body through the will of the conscious mind. Gandhi said it best: "Happiness is when what you think, what you say, and what you do are all in harmony" - Mohandas Gandhi

In conclusion, we all have the ability to control our mind, or as it's called, our "Mindset". We can teach re-train our subconscious to focus on the positive to become a habit that we do not have to consciously think about. I want to introduce you to the program that allowed me to change and improve my "Mindset" and move towards a more positive life.

- Judy Tarasek

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