

God, The mind, our work.

How are these three concepts related? This question appears before me at 3:30 AM ... and I'm drawn to attempt to have clarity on these matters.

As I see it now, the mind has basically three parts: the subconscious mind (unconscious), the conscious mind, and the silent observer.

The conscious mind is mostly the left side of the brain. It analyzes, judges, and makes conscious choices. The choices that it makes are received by the unconscious mind and stored there. When enough similar choices reach a preset threshold the subconscious mind stores them in what may be termed "more permanent" memory. When certain situations arise, the subconscious mind reaches into this so-called "permanent memory" and uses it to automatically control the situation. A very simple example is learning a new skill such as driving a car. After enough conscious processing, the act of driving is passed to the subconscious mind. Certain behaviors that we have, call them our personalities, are the result of our subconscious mind controlling our actions. What ACIM calls our ego mind, is that part of our subconscious permanent memory that is based on fear based conscious mind choices handed over to the unconscious mind. These choices were made as soon as we were born or very close to it and continue to this present moment. I have previously referred to this process as "imprinting". There are very precious moments in our development when a need we had wasn't met and for some reason that moment created fear based conscious mind choices that were passed on to the subconscious mind. This is a form of learning (or it is learning). Our early care givers are a chief cause of this learning. Their inputs passed through our conscious mind to our subconscious mind and when exceeding our preset thresholds, they became part of our subconscious permanent memory. Another term for this process is called "habits".

The silent observer part of mind is what ACIM calls the Holy Spirit. Its function is to be aware of our actions and to just observe. It doesn't analyze or judge, just observes. For most of us, this part of our mind hardly exists (functions) at all. It is there when we become aware of it and could serve us when we notice its presence and its value. It is that part of us that is truly present in the "now". It is that part of our mind that we are in touch with when we meditate. Some people have actually developed this part of the mind so that it occupies a much larger part of the mind.

The question now becomes, how do we use this information to serve us?

Most of us are content to be unconscious. Another term for unconsciousness is "denial" We let our unconscious mind direct our actions and we suffer the consequences. This "suffering" is our loss of peace, our pain, our hell.

Our great spiritual teachers have given, and are now giving us clues as to how to move from hell into heaven.

Give our conscious mind new choices to pass onto our subconscious mind. The concept of a new loving parent (God) as our caregiver giving us loving thoughts instead of fear based thoughts to be passed onto our subconscious mind. Learning loving habits to replace fear based habits. This idea of "faking it until you make it" is just the process of providing enough conscious mind ideas (choices) to the unconscious mind, replacing the fear based ideas (choices) in the subconscious permanent memory. These new thoughts in permanent memory will affect the body chemistry differently then the fear based thoughts. It will create a calmness, a peace, a loving space, a bliss, what we call heaven. This we could have by this process instead of what we have now. Replace hell with heaven.

That is our work when we awake to it.