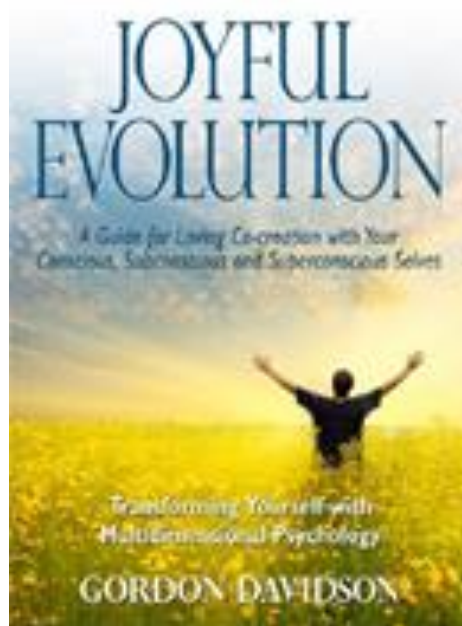


Uddrag fra bogen

# **JOYFUL EVOLUTION**

Chapter 4 and 5

Af Gordon Davidson



**Who Are You as a Product of Your Past?**

## **The Subconscious Impact on Our Lives**

### **Illusions about the Subconscious**

Let us take a careful, preliminary look at the subconscious, a very important and little understood part of ourselves, to eliminate preconceptions about what the subconscious is and does. What are some of the current ideas about the subconscious? One perspective, which has its origins in Freud's work, is that it is the storage place for all the repressed dark tendencies, the raging id, filled with sexual fantasies, aggression and unhealthy desires, which, if unleashed, would wreak havoc on ourselves and even destroy Western civilization! This view was rooted in the century in which Freud lived.

Another more modern view is that the subconscious is like a computer that has been programmed by past experiences, especially traumatic ones, and it continues to

function out of reactions to those experiences. So the proposed solution, according to this modern theory, is to simply put in new programs or commands, and the subconscious will perform as you would like. Those who have experimented with affirmations or other subconscious reprogramming techniques know that they do not work completely or in a very lasting way. They work partially because the subconscious will become interested in playing with these ideas for a short time, but then gets bored with them and drops them, reverting to its ingrained modes and attitudes. This also explains why people must repeat affirmations so often, because they are not beliefs about themselves that are fully integrated in the subconscious, which has to be constantly reminded of them. Affirmations are like shouting orders at your subconscious about what you want, when you could instead have a loving conversation about what is needed. You can come to full agreement about the goals, and gain its fully enthusiastic, co-creative help, which then becomes its established way of functioning.[i]

The most prevalent view, which is a derivative of the Freudian perspective, is that the subconscious is the “shadow” realm, where all the undesirable and socially unacceptable urges and tendencies are found. It is where we find all our anger, fear, hatred, repressed desires, in unacceptable sexual drives, desires for revenge, and many other psychological patterns we do not wish others or ourselves to see. (Sort of a psychic compost bin!)

This view suggests that within these dark tendencies there may be some useful gifts, if we can just mine them through a process of getting the subconscious to stop obstructing us with its negative tendencies and go along with what we want. The means to accomplish this is often hypnosis, or a variety of techniques to induce the subconscious to “automatically” make the desired changes, through suggestions based on eye movements, or other autonomic responses. Despite the claims of practitioners, these processes have not often been fully effective at a deep or lasting level, as the patterns may recur, or resurface elsewhere. Also, they do not consciously engage all three dimensions of the individual, which is a more effective and lasting way to full self integration.[ii]

Why is this? It is because these approaches are all based on an assumption that the subconscious is either some type of inanimate machine/computer, or a very simple, resistant part of ourselves, almost like some dumb donkey, and if we can just get its attention by hitting the donkey between the eyes with a club, or somehow mesmerizing it, it will do what we want! However, all these views of the subconscious and the resulting remedies are not really descriptive of what the subconscious is or how it functions, nor do they lead to deep and above all, lasting change within the subconscious. What is usually missing is a synthetic understanding of the true nature and function of the subconscious and each of the three selves.

## **The Subconscious Is a Living Being within Us**

So what actually is the subconscious? First, and foremost we need to accept the implications of an obvious truth: the subconscious lives within us. And despite how much we might wish it were not so, it is true. And this means that the subconscious is a living being! It is a dimensional part of you, within your conscious self energy field, (both held with the greater field of your superconscious,) that is unique, yet not separate from you. Therefore it is alive within you, with its own way of being, living and fulfilling its agenda. It has a great deal of power over the way you feel, think, and decide every day of your life. It has the capacity to initiate energies within you that you are often powerless to stop or control. We call them reactions, uncontrollable emotional and mental responses to people or situations.

Because your subconscious is oriented to survival, pain and pleasure concerns, it is expressed primarily in your three lower chakras, root or base center, sexual and solar plexus centers, with the latter being its communication center. Your subconscious is focused primarily in your astral/emotional body, but it permeates all your bodies. It also includes elemental vitality and intelligence (the basic light within matter), and in more evolved people has mental aspects. The subconscious is the motivation behind most thought, feeling and action for the majority of people. It is a major influence behind who you are and what you do.

The subconscious also has the ability to know absolutely everything about you, your decisions, motives and all your experience, while you know almost nothing about it. And it has the capacity to remember everything that has ever happened in all your life, and even past lives, (consider this as a hypothesis, which will be discussed later) with its own interpretations about it all. Also, in many people, the subconscious has the ability to completely delete any memory it does not want the conscious self to remember. This helps to explain why some people just simply cannot learn from their experience or even realize they have engaged in damaging behaviors harmful to themselves and others.

The subconscious in some ways is like a giant hurricane within you, and you are riding on top of this hurricane in the tiny boat of your daily circle of awareness, thinking you, as the conscious self, are in control. In fact, the truth is much of the time your subconscious is initiating the tides, currents and storms that are running you and your life. If this is true to any degree, then it seems it would be a very wise and useful choice to get to know this power within yourself a whole lot better than you do.

## **The True Intention of Your Subconscious**

Another false assumption about the subconscious is that it is like Pandora's box in that it is a dangerous realm and will cause you great harm if you open the door to it. If you study with careful insight what the subconscious actually is doing, you will discover that the opposite is true.

The Principle of Positive Subconscious Intention: The subconscious is a living being, and has the primary intention to help you, the conscious self, to be safe, secure and have long term viability as a life form.

Your subconscious is concerned with your survival, avoidance of trauma and/or pain, (either physical or psychic,) and increasing pleasure and joy. In itself it is not dangerous. The real danger is in ignoring it!

The only time when there is an exception to this is when there are lower frequency entities that have succeeded in lodging themselves within the subconscious, due to excessive alcohol, drugs, extreme shock or repeated lower frequency energy patterns. At these times negative entities can enter and take up residence in the subconscious and can show up with varying degrees of malevolent intent. Once they are seen for what they are, they can be removed by someone with the proper training in dealing with them. (We will fully discuss this issue and how to deal with it in Part 11.)

So if your subconscious is basically trying to help you, then why is there so much difficulty connected with the subconscious? This is caused by situations in the past where there has been an experience of some pain or trauma, especially in the early stages of life or past lives. This can resurface constantly as emotional or physical pain, as often there are subconscious causes to physical pain.

This pain can be viewed as a part of your subconscious knocking louder and louder on the door of your consciousness, seeking to get your attention until you open to it, give it your attention and fully embrace and work with it. And when you do so, a very interesting thing occurs. By just acknowledging and giving attention to the subconscious part of you in pain, it usually reduces by about 50%. However, if you try to just bring it into the light of the soul to eliminate it, it will inevitably build up again.

Since most people do not really attend to the pain they experience, (at least not until it becomes very severe), the subconscious, to the best of its ability, will devise a strategy to prevent further pain and harm from any situation that resembles a previously traumatic one. So when outer circumstances arise which resemble any aspects of the original trauma, the subconscious will launch its strategy of protection and trauma minimization. This is usually quite simple, as the subconscious does not have as many possibilities and choices available to it as the conscious self does, as it is a much less complex being, with a limited number of ways of responding, depending on how much experience it has had in the past.

The subconscious strategies for dealing with a situation similar to a past difficulty or trauma usually fall into one of several categories: fight, flight, freeze and become invisible, or become a pleaser, a controller/manipulator, king of the realm, etc. Although some of these are similar to the protective reactions of the adrenal glands, the strategies themselves are initiated by the subconscious, and are not a just a glandular reaction to circumstances. I have verified this through my work with clients, as I've

found that when a true transformation has occurred because the subconscious is choosing a new strategy to handle a certain type of difficult situation, none of those reactions recur. (How this is accomplished will be discussed in Sections II and III on Accelerating Your Growth and Processes and Techniques).

### **Why Subconscious Strategies Cause Difficulties**

However, the strategies your subconscious devises are often not helpful, because they are not initiated by the part of you that has a full understanding of all the factors in the current situation and what would be most useful, which is you, the conscious self, with the help of your soul, which makes you fully conscious.

Instead, these subconscious strategies are governed by thought forms and crystallized patterns of thought, some created by your subconscious, but often using pre-existing, widely prevalent thought forms within the subconscious of humanity. For example, if you are in a situation where you have a concern or fear of being disrespected, some of the existing thought forms to deal with this type of threat to your self esteem are to either puff yourself up and appear confident by exaggerating your accomplishments, or to hide in a corner to avoid any attention and thus any negative reactions to yourself.

Unfortunately, the conscious self is then limited by these patterns of reaction, and finds it very difficult to change them. When there is understanding that what is occurring is a strategy developed by the subconscious, controlled by limiting thought forms, then it becomes possible to change it through working with the patterns held by the subconscious. These thought forms are often very simple ones, and involve the basic responses of how to survive, be safe, avoid pain and enhance pleasure.

All this should not be surprising when we understand that the energy of the subconscious is primarily focused through the three lower chakras, or centers -- the solar plexus, sexual and root centers. Emotions, both positive and negative, are experienced in the solar plexus; sexual desire and vitality in the sexual center, and practical groundedness in the root center. A major step in the joyful evolution process is to fully realize that without the active and enthusiastic support of the energy flowing through these three grounding chakras, you will not be able to function well in the world. You will find your efforts at anchoring your plans and visions in life frustrated and unattainable.

The subconscious as a whole also functions as an essential part of your multidimensional self, providing what you know as "street smarts," your "gut feeling" of who to trust and who to avoid, or when there is danger nearby. When your subconscious has been purified of old thought forms and patterns, it becomes a very useful co-creative partner. Then, working with you, as the conscious self, and the superconscious, it can contribute its practical common sense in a neutral way that is extremely valuable as input into your decision making, maintaining your overall balance and manifesting your visions.

## **Chapter 5. Who Do You Imagine You Can Be?**

### **The Superconscious Energy, Vision and Plan**

Your superconscious is a complex and multidimensional level of life and being, the dimension of your self which holds the multi-lifetime vision for the full and balanced unfoldment of your being. Your superconscious also provides the unifying energetic field within which all the dimensions of your individual self arise. This dimension of each individual is connected through energy and consciousness to all other human and non human lives on the planet and beyond. The soul is the portal to the superconscious, which includes the monad, the fiery Divine essence of our unique individuality.[iii] There is also another dimension you can access in a different way, the Universal Presence of the One Life.

### **The Soul**

Many of us are becoming more aware of our soul, and this understanding is being steadily recognized and anchored in human life and experience. Although many different interpretations of the soul exist, it is the first and most accessible superconscious dimension for most people. A sense of responsibility is the first sign of its active presence. Also found in this dimension is the monad, our Divine essence, which expresses through our soul, and also through all the many realms and levels of spiritual experience and being. The soul is often imagined as a wise, loving teacher/adviser, a practical guide and/or a purposeful and powerful energy source. It is all of these, because as an energetic field it has all of these qualities. Yet it is much more.

Your soul is in communication with many superconscious dimensions, including the monad, which is aware of all the lives and evolutionary unfoldment which you have achieved. One of the primary goals of the superconscious monad is to orchestrate a balanced unfoldment through all lifetimes of the qualities of will and purpose, loving wisdom, and creative intelligence, the three aspects of the soul. This is achieved in the context of spiritual service to all life everywhere, anytime.

The superconscious monad determines the developmental goals for a particular lifetime, the realms where service can be most usefully given, the karma to be worked out, and the relationships to be established, and it communicates this to the soul. The soul then holds all these as possibilities the conscious self can achieve if it chooses. It provides the energetic field and support, while leaving the conscious self, and the subconscious, free to respond or not to these higher plans from the superconscious.

**Principle of Soul Attraction:** Your soul becomes interested in your life as the conscious self when you begin to make attempts to purify your physical, emotional and mental bodies, and redirect your attention from only what you want, to also what you can give.



Loving service is the keynote of your soul, and this first demonstrates as a sense of responsibility, which steadily expands until the entire world is seen and experienced as your realm of joyful, loving service.

Once you establish contact with your soul through service, meditation and/or calling it in, your soul begins to have an ever greater influence in your life as the conscious self. The soul also provides energetic support to you in resolving karmic patterns, accomplishing your service goals, and unfolding your life purpose-- a synthesis of the original life plan of your superconscious and the choices made by you, as the conscious self, and/or your subconscious, resulting in your life path and its conditions.

You, as the conscious self, may receive these promptings about your true purpose through intuitions, meditation, dreams, or inspiration. If you pursue meditation, the revelation of your purpose and life work can arise as a clear inner direction through words, images, or direct guidance which your soul will offer when you are open and capable of receiving such guidance. These communications are loving, yet may call to your attention patterns or attitudes that need transforming, to help prepare you for being better able to serve.

### **Purification of Motives**

As this process of purification and dedication to service progresses, your soul becomes increasingly engaged with your conscious self. As documented in a Harvard research study called "Healthy Helping," people who volunteer to help others simply and give without expecting any outer rewards experience a particular energy that is released when they serve, which they labeled "helper's high." This is actually the inflow of soul energy which always attends any effort you make to sincerely give to others.

As you unfold your service capacities, greater opportunities to give become available. Essential to this expansion is a steady purification of your motives, which can progress from a desire to be recognized as good or spiritual, to a loving compassion for all life and a deep intention to assist all beings to evolve into their full spiritual expression.

For this purification of motives to fully occur, there must be a loving, co-creative relationship with your subconscious, for that is where another layer of deeper motives are found. This allows you to understand and work with these "hidden agendas." By conducting this process consciously and skillfully, you, as the conscious self, can avoid the difficulties of facing eruptions from your subconscious in the midst of your life work. You can also greatly reduce subtle distortions of your service for personal gratification, which can completely subvert your soul's higher plan.

Your soul is also present throughout your multidimensional being as a field of light which surrounds and permeates both you, as the conscious self, and your subconscious. This light will be brighter or dimmer depending on the sum total of the motives, thoughts, feelings and actions of your conscious and subconscious selves.

The light, love and purpose of your soul is always present within your conscious and subconscious selves, and is steadily revealed as the layers of old habits, thought forms and denser ways of being are refined and ultimately transformed, allowing your inner radiance to shine more brightly and fully.

In the light of the soul you will find that, as you eliminate the idea of gaining recognition from your service, your work flows more easily, and greater unseen help is offered. As you trust enough to generously share your life energies, time and resources with others, the flow of finances, people and other help arrives when you need it. As you release patterns in your subconscious such as, "I'm not good enough," "I'm not ready," or "I always fail," and simply focus on the work to be done, everything begins to flow more easily.

The entire joyful evolution process is one of removing barriers to your inner recognition of your essential spiritual nature by increasing the connection between you, as the conscious self, your superconscious soul and your subconscious. This provides the consciousness and energy for you to guide your subconscious into a true understanding of its essential spiritual nature, its own lighted essence. Your subconscious can then grow into an understanding of the needed and valuable part it can play in your higher service plan through its co-creative relationship with you, as the conscious self, and your shared superconscious soul.

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#### **Chapter 4 Who Are You as a Product of Your Past?**

[i] Affirmations can be effective and useful for people who are relatively integrated, and have developed a degree of working relationship with their subconscious. But the majority of people, many of whom are struggling with their subconscious just to function effectively in the world, need to begin with creating a positive relationship with their subconscious. Even more developed people will find times and aspects of their lives where their subconscious is not fully cooperating with them, and is resisting or sabotaging. Everything might be fine in their business life by using affirmations, but not in their personal relationships, ability to relax, or spiritual lives.

Repetition is necessary to hold the subconscious under the influence of a particular goal or thoughtform, which may or may not include its desires and needs. In some cases, the goals are determined more by the subconscious than the conscious self. If they are more materially oriented, and do not include spiritual goals, the subconscious will be more likely to cooperate. Spiritual people who try to achieve spiritual goals in the world may be blocked when they have cut off contact with their subconscious.

[ii] Neurological repatterning processes using tapping on various nerves can be useful as a trauma reduction technique. By creating a new neural pathway for memories, it allows the subconscious to choose not to access them, and they remain dormant. It



locks them up in a certain way, but eventually they will need to be released and transformed. However, as a temporary measure they can be helpful.

### **Chapter 5. Who Do You Imagine You Can Be?**

[iii] The concept of the Soul and Monad are found in the Ageless Wisdom teachings of many traditions under various names.