

What is Consciousness and How to bridge the Gap between what you have and what you don't have?

What is consciousness? The dictionary definition is:

#1. The state of being conscious - awareness of one's own existence;

#2. Awareness of something for what it is, thoughts and feelings, collectively, of an individual or an aggregate of people.

So let's examine some of those thoughts. If we look at #1 the truth is that everyone is conscious... for me the question is, to what degree? Some people's state of consciousness leads them to believe: This is all there is; you live and then you die! Other people believe in reincarnation and have no doubt they have lived before and thus will live again, they see their purpose being to understand the lessons that come along with life and to love unconditionally. There are those who believe in parallel lifetimes, where many 'versions of ourselves' operate simultaneously. Three different beliefs coming from 3 different levels of consciousness – is one right and are the others wrong? Given that we are a product of our upbringing, that leads us to #2.

'Awareness of something for what it is' - interesting words because I believe we don't have a clue, most of the time, about what something "is" – only what we perceive it to be! We can go back in history to see how many times we got it wrong. 'The world is flat; The sun revolves around the earth' (Galileo was tried by the Inquisition for his suggestion that it was the other way round and spent the rest of his life under arrest); Charles Darwin suggested that 'hereditary factors' were passed down from parent to child and controlled the character of life, then science stepped in and since then has been attempting to dissect life... then we moved to the belief that our genes control our emotions and behaviours. The trouble is you can't dissect life... we are whole beings and everything is interconnected in us, just the same as it is in the world.

We now have Quantum Physics and the field of Epigenetics - the study of molecular mechanisms by which the environment controls the gene. Exponents of Epigenetics (Dr Bruce Lipton is a genius in the field), are very clear that regardless of your hereditary health the state of your body/mind is the result of your thinking rather more than your grandparent's genes!

Our beliefs are based on our reality at the time and for many people now is the time to "wake up" - thus the need for a magazine such as Veritas so that we have the opportunity to explore consciousness. Currently there is a plethora of books about consciousness; movies like 'The Secret,' and 'What the Bleep' tell us that we can magically create the life we want and in a way that's true but... it requires a lot of work to unravel the beliefs in our consciousness that keep us stuck and not fulfilling our dreams.

Humans have two minds, the conscious mind which is a storehouse of higher cognitive functions like rational thinking and creative expression (2-10%). The subconscious mind is reactive and rigid; the storehouse of emotion and where flight and fight live, along with all body functions like heart rate etc. (90-98%). Have you ever driven to work and suddenly you're there yet you can't remember going through 3 sets of lights? Well, who was driving the car? Your subconscious mind was!

When something happens to us that is traumatic, the limbic brain triggers a reptilian response as a means of survival and this is instantaneous. At the time of the trauma, we didn't have the conscious tools or strategies to deal with the event so, what began as a survival mechanism, in time becomes a 'maladaptive stress response' affecting not just our body but also all the relationships in our life and every time the experience is triggered throughout our life, it results in symptoms of pain, fear or stress.

What could this look like in real life? Our mother leaves us when we are little and we are traumatised, as adults everyone we love leaves us. A parent abused us physically and as adults we create abusive relationships. Our self-esteem is challenged as a child, as adults we cover it up but deep inside we still don't think we're worthy of being loved/successful/happy/healthy/wealthy (write your own adjective). It affects us on all levels, what we hear, smell, taste, touch and see... e.g. your mother is baking chocolate cake, you break her dish and get a hiding for it - the smell of the cake cooking links to the pain of being smacked; every time you smell chocolate cake as an adult, your core limiting belief becomes triggered and suddenly you are not a rational 20, 30, 40, 50, 60 year old, you are a 6 year old in pain. Unfortunately because of our lack of understanding we actually don't know what the trigger is and so inevitably we take it out on those nearest and dearest, usually creating an argument or withdrawing into ourselves. Divorce rates are exceptionally high and I have to say it is never about the toilet seat being up! Whenever you are angry it is *never* about the now.... It is always about the past and something that hasn't been resolved... and it can go a long way back!

The mind is astonishing and our subconscious does what it does to protect us. After all it doesn't know the difference between what is real and what is not. Whether you are running for the joy of it or running away from a ferocious lion, the body reacts in the same way - sending blood to the extremities, enabling you to run faster. The more stress you are under, the more you shut off your growth and shut down your immune system. When you are in flight/fight mode are you using logic or reflex? The answer is reflex and what science knows is that we are less intelligent when we operate from fear! Less "conscious".

With enough catastrophic, or abusive situations, subconsciously we begin to believe that is what we deserve and we create more of the same. It takes a lot of resolve to take responsibility for everything we have created and make a decision to change. Even then we often still have experiences reminiscent of the past, generally not the same degree of intensity but challenging nevertheless... almost as a reminder of how much do you want your life to be different? How conscious do you want to be? There's an old saying: Life is not about what happens but rather how you handle what happens. So how do you handle defeat, pain, loss? If you go into your cave and point your finger at someone (mother, father, partner) for this experience then you can expect to receive more of the same. If however you look at how *you* handled the situation, correct and move on, then you can expect change. For some reason humans feel that making mistakes is a bad thing when in fact it's the only way we learn. How often was the first spaceship on course on its way to the moon? The answer is 3% - the rest of the time it was correcting and that is what we need to do, keep correcting, our thoughts, behaviours and ideas in order to know who we truly are.

I think personal growth is the Number 1 priority for everyone. To work on yourself and remove the layers that have "made you" is imperative if you are to raise your consciousness. It is not easy and oftentimes not much fun as the layers reveal what looks like a sewerage pit of "stuff" you didn't realise was even there. I clearly remember in one of my early moments sobbing in front of my mother who told me that when I attended "that seminar" I opened up a can of worms and I should have left them alone. However I knew, somehow, that leaving them there would result in them eating me alive so I had to let them out, painful though it was. I love the analogy that we are each in barrels encased to our waists in thick mud and we can't move (unconscious) - then some water is added (a seminar or book that starts to wake us up), the mud thins down but creeps up higher over our head and we feel like we are drowning. Eventually if we keep working on ourselves, the mud will become clear water and we will step out of the barrel, free and more conscious!

There are so many ways of healing ourselves. One of the most simple is taking responsibility for what you have created, forgiving the past and moving on. One of my favourite heroes is Dr Ihaleakala Hew Len, a therapist in Hawaii who agreed to work in a mental hospital for

criminals. Patients were sedated and often shackled. Staff hated their job, and took lots of sick days. Dr Len never saw a patient, but every day he looked at patient's files, then looked within himself, clearing what was in him that created the patient and his condition! A few months of doing his inner work at that hospital, patients began to improve. Many no longer needed sedation. Those in chains were freed. Some that had been there for years were released. Staff improved, loving their jobs and joyfully showing up to work every day. In fact, after 4 years the patients were healed and the hospital closed. So what was the secret? "I was simply healing the part of me that created them," Dr Len said and explained that total responsibility for your life means that everything in your life... simply because it IS in your life, is *your* responsibility. In a literal sense the entire world is your creation. He said: "I just kept saying, 'I'm sorry, Forgive me, I love you' over and over again."

I see many people who've been hurt (who hasn't?) and they feel as though by forgiving the person, they are condoning it. That is the exact opposite of what really happens. When you forgive someone you actually set yourself free (karma has a way of dealing with the perpetrator). By not forgiving you are actually dragging around the anchor of the Queen Mary... and you bring that into all your future relationships. It's like having fog settle over everything and nothing is clear. Forgiving is the where the wise reside for with it comes absolutely freedom. Love is the master healer, forgiveness is the master eraser. That is what it does, erases the past, allows the fog to lift and opens the possibility of a new future... one where we consciously make choices to enhance our life.

Let's come back to the body. You have approximately 50 trillion cells and daily those cells die and get replaced, so the cellular lining of your gut for instance is replaced every 72 hours. If cells are put in petrie dishes, toxins are placed by one dish and nutrients by the other, cells respond accordingly by moving toward the nutrients and away from toxins. Now they cannot move backwards and forwards at the same time, in other words if we are living in fear (toxins), our energy is diverted toward protection rather than growth and what science now knows is that stress paralyzes and we can't access stored information easily. By living in stressful situations... and today we are besieged by a multitude of things to worry about... the world, the oil spill, whether we will be retrenched, whether we have enough money to survive into old age etc... if we do nothing to alleviate that stress then it affects us by pumping adrenaline through our blood, adrenals go into overload and the result is fatigue and stress.

So how to alleviate stress and bridge the gap between your conscious mind and your subconscious mind? Well, there are many ways and today I will look at three. Dr Darren Weissman, creator of 'The LifeLine Technique' believes that when you have a symptom, be it stress/pain/disease, it is because you have disconnected, internalized or denied in some way, an emotion. Your subconscious has been attempting to "talk" to you, you can't understand it because you are not trained to "listen" to your body so you might take a painkiller for the headache which after a few days becomes a migraine. Remember none of this is conscious, after all who would wake up and say "Today I am going to have a miserable day, filled with backache, migraine and an overwhelming sense of fear and maybe a touch of anger!" No one would. Yet that scenario or a similar one occurs every day for many people.

The LifeLine Technique builds on the work of such visionaries as Dr. Masaru Emoto ("*The Hidden Messages in Water*"), Dr. Candace Pert ("*Molecules of Emotion*"), Dr. Bruce Lipton ("*The Biology of Belief*") and others. The technique itself guides the practitioner through a series of discoveries, each of which provide a piece of the story behind the symptom being explored. The technique relies on and exploits the innate wisdom of the human Spirit/Mind/Body connection. It examines *where* a disconnection from an emotional experience has occurred, *where* that has created imbalance in the acupuncture meridians of the body, *why* and in *what* way that imbalance is expressing itself and *where* is the pattern of disconnection being held within the Mind, the Body, or the Spirit. The result is healing. To

say I have seen miracles in people through the use of this technique would be an understatement. (*"The Power of Infinite Love and Gratitude"*)

Meditation puts us in another state of consciousness also and there are many different methods of meditating. For some people just walking along the beach breathing deeply and consciously is a way of calming down the nervous system and getting in the "zone" or the "field". Transcendental Meditation is scientifically proven to reduce stress and it increases consciousness. In one city of USA where 10% of the population practice TM, the crime rate is non existent!

Despite being told as kids to "Listen to your head and not your heart" HeartMath technology proves the heart's magnetic component is about 5000 times stronger than the brain's magnetic field and can be detected several feet away from the body. New data suggests the heart's field is directly involved in intuitive perception, through its coupling to an energetic information field outside the bounds of space and time. There is compelling evidence that both the heart and brain receive and respond to information about a future event before the event actually happens. The heart appears to receive this "intuitive" information even before the brain suggesting the heart's field may be linked to a more subtle energetic field that contains information on objects and events remote in space or ahead in time. Called by Karl Pribram the "spectral domain," this is a fundamental order of potential energy enfolding space and time, and thought to be the basis for our consciousness of "the whole."

This is the time of consciousness and another word for that could be miracles. There is a Russian doctor currently teaching people to regenerate their organs. Unbelievable... well rethink that thought because it is happening, here today! I think miracles start when we take responsibility for what we have created in our lives... So begin by looking at how your life works (or doesn't). If you had to score yourself what would your answers be, between 0 and 100%:

1. I love myself ...
2. I have a significant other in my life and I am really happy in that relationship...
3. My other relationships (work/family) are wonderful, growing experiences...
4. My finances are...
5. I take excellent care of my health...
6. I exercise daily...
7. My beliefs are the same as they were 20 years ago...
8. I love change....
9. Integrity is a key value for me and I always speak the truth...
10. I am generally an optimistic person

Wherever your answer is less than 50% I suggest you do some work on it. Read some books, go to a seminar, see a specialist in that field. We don't know what we don't know and how many of us understand that many of our beliefs are outdated, and some weren't true in the first place? Consciousness was not the realm of our previous generation, they were busy attempting to survive the depression, the war etc.

Now is the most exciting time in history and I believe raising our consciousness is imperative. Your job is to learn as much about your Self, your thinking, your world as you can and keep peeling off the layers that life has placed around you so that you can be a Conscious Being, reflecting light and love to others. In we are going to make a difference in this world we need to learn to live in our hearts, come from a place of unconditional acceptance; know that healing is possible and miracles can be the order of the day. The world needs us now to step up to the plate, understand that we are all part of the whole and that we are indeed spiritual beings; we need to live our life in a way that supports everyone and everything – every second of our life is choice point and I end with a quote I love by Dr R. Buckminster Fuller:

“If the Success or Failure of this planet and of Human Beings depended on how I am and what I do; How would I be? What would I do? What are you going to do?”

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