

Connecting to the Mind and Feeling Of the Higher Self

An important observation about the western world is how brain-centric the culture has become. Understanding the brain has become a great frontier for research and the society's interest in understanding 'who we are' in terms of the brain is reflected in many popular movies, books, etc. The evidence may seem obvious: when the brain is damaged, one's identity changes in observable ways. But this observation about the brain creates a huge spiritual misalignment in ourselves if we begin to imagine that the brain is all that we are or that our experience is merely a product of the brain's activity. Humanity's quest for understanding is a noble one, and we may all benefit from a deeper understanding of the brain, especially if we gain an understanding of it in relation to our higher self.

One important focus of brain research is consciousness: it is an attempt to explain consciousness in terms of neurophysiological structures. There is good evidence for what we might call *organism consciousness*, that is, the kind of awareness and feeling sense that every living thing has of how the organism is doing at the moment: is the body in good shape and will it survive? Human brains developed beyond organism consciousness with the capacity to be self aware, being able to think about events and situations independently of directly experiencing them. This is the kind of consciousness that is often referred to when someone talks about why humans dominate the earth. We will call this kind of consciousness the human *mind consciousness*.

Another focus of research is emotion: an endeavor to explain emotion also in terms of neurophysiological structures. There is good evidence that basic emotions are programmed in the brain as part of *organism consciousness*, and yet, humans have developed the capacity to experience emotions independent of the body's immediate well being. We experience emotion in music, books, films, etc., and we even have the ability to experience emotion in response to our own thoughts. This is also part of the human *mind consciousness*.

Mind is a word that has been used in many ways. I take the word *mind* to mean the product of the brain's activity---logical, emotional, everything. The brain is connected to all of our sensory systems and one of its primary functions is to integrate all this sensory input into a picture of the world around us that is held by the mind in its sense and feeling. The mind is also a product of the memories stored in the brain, and the patterns and meaning learned through human culture: our minds learn through their connection to other minds. We might also say that the mind also functions like a chief executive who appears to be in charge of everything. (There is research that challenges this notion and suggests that our executive control of ourselves is illusion, rather like finding out that the company is actually run by the secretaries.) This chief executive does have an ability to focus mental resources. And, it is this chief executive who emblemizes what people typically think of as their self. And yet, none of this is part of the higher self.

Without any additional input, a typical person concludes that their identity is the mind within the body. But is that the ultimate reality? From a spiritual perspective, the body and the brain can be seen as suspended in a symbiotic relationship with the energetic body. Energetic events can affect the physical body (for example, energetic blockages can cause

disease) and physical trauma can be reflected in the energetic body (for example, physical injuries can be seen energetically). In some ways the connection between our body-brain is so close to our energetic body that we often confuse energetic feelings and perceptions with those of the body-brain. In fact, our strongest sensations in the heart are in the energetic heart center, not the physical heart.

But then in most ways the physical body-brain is only loosely connected to the higher self. This connection has been stronger in some historical periods and it has been stronger among some special groups of people. But for most people today, it is a difficult connection to hold on to. The loose connection between the brain-body and the higher self have made it possible for us to act in ways that are out of alignment with our I-Am-Presence. We experience ourselves as navigating through the 3D world without a compass. And what happens to us in this situation? We slowly learn that the results of our decisions leave us with many different feelings, and we learn that some decisions work much better for us than others. Eventually we learn how to make decisions that are in good alignment with our I-Am-Presence even if we don't have a strong connection to our higher self. The learnings that we accumulate in this slow process of discovery are woven into our energy field, storied within our Soul Matrix, and carried from one incarnation to the next.

So, how else might our mind consciousness be responsive to our I-Am-Presence? Looking at our situation from this point of view, we can see that the higher self has many of the same attributes as mind: it has memory, it senses the world around it and integrates its perceptions, etc. And, it has the opposite of organism consciousness; it has I-Am-Presence consciousness. We have a feeling sense of our alignment to our I-Am-Presence, not our physical body's status. We can think of the higher self as having a mind with *higher-self consciousness* in a way that is analogous to the mind consciousness, even if it is not the physical world that it is responding to.

In fact, the higher self's mind and the physical body's mind are interlocked in a symbiotic relationship to each other. The activity of one induces activity in the other. Of course, the brain is quite capable of running on right through and over top of whatever our higher self is sensing and feeling. The symbiosis is typically weak, but it can be made strong. There is so much spiritual wisdom that speaks to how we strengthen this connection.

- Many kinds of meditation can help quiet the chatter of the mind and most importantly help us to step outside of the mind's focus on itself.
- Healers often learn that their symbiotic connection to the higher self mind comes through one of the body's senses. They find that their higher-self information is primarily auditory, or tactile, or knowing, or visual and often some combination.
- Then too, we know that certain emotional states, what we might call heart-centered states, are an effective bridge to the higher self. The resonance between emotion in our physical self and in higher self creates a strong symbiosis.

In all of this wisdom, there is a large component of **intent**: healing intent, spiritual intent, feeling intent. *Intent that is held in the mind, supported in the heart and in alignment with the I-Am-Presence always engages the higher-self consciousness.* Ordinary everyday thinking essentially makes no connection and leaves us in a void. And, simply thinking about spiritual topics can be essentially the same. The intent held in the mind and felt with the heart opens the door to the higher self.

So, how does this work? When the executive mind decides to focus intent, it begins a process of engaging more and more of the brain in activity that is harmonious with the higher self. While our physical feeling & emotional sense is actually located in the brain, it affects the state of our whole physical body. Emotions in alignment with our higher self strengthen the symbiosis. You could say that the physical body including the brain and the higher self including the higher mind become magnetized to each other. Through practice and through refining the activity of the mind, we can develop such a strong connection to the higher self that the consciousness of the mind consciousness is overridden by higher-self consciousness. One learns to think and feel directly through the *mind of the higher self*.

The manner in which this is accomplished teaches us some important things:

- Connecting to the *mind of the higher self* is something active in the NOW.
- The connection requires intent and it can be improved with practice. As we practice focusing our intent, we learn the states of mind that produce the greatest symbiosis of the brain's mind and the *mind of the higher self*.

And, we begin to experience the degree to which the mind of the higher self is so different from the mind of the body. It perceives higher-dimensional beings and feels the essence of things. What we call spatial relationships in the 3D world become exceedingly complex in the higher dimensions. The brain hardly knows what to do there.

So, now that we have engaged the higher-self mind, how do we navigate the higher-dimensional worlds when our physical brain, eyes and ears are wired for 3D and cannot directly handle higher-dimensional images? We must first relax our 3D thinking: just let go. Our higher self has knowledge of the high-dimensional worlds, but the brain doesn't.

Then too, when we are perceiving in the higher-dimensions, our perceptions are generally translated into things that the brain can grasp in 3D. For example, higher dimensional beings can appear in our vision with three-dimensional bodies and higher-dimensional places can appear like rooms. These images are not the actual reality of these things; they are translations. Higher-dimensional meanings are often handled by the brain in metaphors that are situated in the 3D world. When doing healings for example, visualizing the charkas as having rings is a kind of metaphor that provides a useful viewpoint on the chakras' energetic structure. Chakras can be visualized in many other ways.

Finally, we must use our intent to guide us in the higher-dimensional worlds, that is, to communicate with our higher-self mind. Our intent engages the mind and the heart of the higher self.

It is important now during humanity's period of transition, that we seek to shift to the *mind of our 5th-dimensional self*, the mind of the New Human.

Namaste.

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