

Tuesday class, #13 (November 17, 2009)

Key Topics: 5 levels of consciousness, Indigo, manifestation, Obama, Bernie Madoff, Africa, poverty / riches (one of the better explanations of the consciousness paradigm)

Nancy: Consciousness is defined as life in living form. It gives you your ability to live your life. Living your life gives you breath. Breath creates experience. If you don't breathe, you can't experience anything. Experience brings knowledge. Knowledge gives you choice of action. Choice of action gives you results which give you growth – one way or the other. And then growth brings new cycle of breath, and you go to consciousness again to create new experiences. That's the wheel we ride.

What we want to work with is the paradigm of mind / spirit.

5 levels of the mind	Ego	Mental / Mind	Body	Emotions	Soul
	Takes information from the outside world. The ego is your past. It judges and justifies based on your past.	Takes information from the ego, thinks, defines, assumes, analyzes and plans.	Translates from the conscious to the unconscious. It produces sensations to indicate to your conscious.	Deal with experiences and past history. It cleans up the confusion from conflicting assumptions.	The print-out of your ambition for this lifetime on a non-physical level.
Sublevels	Ego	Ego	Ego	Ego	
	Mind	Mind	Mind	Mind	
	Body	Body	Body	Body	
	Emotions	Emotions	Emotions	Emotions	
	Soul	Soul	Soul	Soul	

What I am hoping you learn is how to be aware of where you are and which area you are functioning from. It is fascinating but also overwhelming to know that sometimes you hop around like a rabbit. The ego takes information from the outside world, and it trusts the source based on its feelings of trust. The ego FEELS. What does that mean? It means that it judges or justifies information for you based on your previous experiences. The EGO is not you; it is your past. It is how you judge and experience based on your past. You recognize new knowledge or a new experience, but it is very difficult for you to change your mind because you KNOW from your past. The other person might not have a clue as to what your problem or reaction is. The Ego FEELS.

Then we step into the mental, and the mental takes information from the ego, thinks, defines, assumes, analyzes, and plans – based on the past. As you go through the levels, you try to make personal decisions based about your life on the earth.

The body is the translator from the unconscious to the conscious. It carries the blueprint of your truth. It is in your cellular structure. It produces its own sensation to tell you that you are not through yet. The

body translates what you have experienced and defined in the ego and mental for the emotions via sensations. But the body also has knowledge of your plan. It knows whether you really want what you say or whether you are being political and giving the world what it expects to hear. Young people today are experiencing that a lot. They are expected to articulate a performance, but inside they know it is not what they want. What we want to be aware of is what our body is doing and why. The body is the bridge from your unconscious to your conscious. The mental and the ego are the reporters. The soul and the emotions are the computer. All the levels influence each other, and they do.

The emotions deal only with experiences and past history. It always deals with what it needs to do. For that reason, most of the time, the body stays pretty close to the present. When it doesn't, it shifts to either the ego, mental, or emotions. Sometimes it shuts down and goes to the soul. The soul becomes a positive side of the body and says, "well, let's see; what you would WANT to do. Let's see if that's in your curriculum." My belief structure says that you came in with a program of what to do, how you want to do it, and what you want out of it. You KNOW when that's off base. In order to find out where you are off, you have to go through the steps.

The ego is always receptive for what you want. It is always looking out for #1. And it only talks to the world. It doesn't talk to the mental, it doesn't talk to the body; it doesn't talk to the emotions. Those keep arguing with it.

(class exercise with people sitting in chairs and role playing the 5 levels.)

The emotions clean up the confusion when opposing assumptions are sent to them from the mental. It knows that eventually it will have to give up its form and reside in the body.

Do you see why we have trouble making decisions? Do you see why we go over and over and over an issue or a question?

I have had fun watching Obama. He works this very well on all levels. He goes through this with very critical elements. When he says "I," it's very different from when he says, "we," and it's different from when he says, "they." Pay attention. He makes it clear with what he is dealing with and what he is not changing. He is most precise in his ego. He is very clear.

You can also see it with businessmen. Some can handle things very well. Others get caught in their ego or another level.

All the levels have to work together cooperatively. If not, you can get sick or have an accident. Something takes place that incapacitates the process for a given time.

The soul is where our program is. Whether that is the best part of us depends on decisions that the ego makes. Because life is a paradox, there has to be as much positive as negative. For example, with Bernie Madoff. His soul knows that he has always had money. His process here has taken it where he could get it. His soul process said, "it's not important what other people have. It's important what I have." On the positive side, he may be a lesson for other people who think they can get away with it too.

Mental and ego are based on past. Emotions and soul are based on future. What does that do to the body? It gets both. They come together in the body and ask for choices. Do you want a material thing in the outside world or a philosophical thing inside? The mental can devise all sorts of dreams and affirmations, but the body has to live with it. The body has to play it out. When the body can't produce

it, then the mental gets angry with the body. Then the ego gets angry at the mental. Then you have a civil war going on about having and not having.

Other: What about the cultures that are deeply into poverty?

Nancy: If there were no poverty areas with total poverty, then there would be no places with great riches.

Other: What about people that live in abject poverty?

Nancy: They don't know the other side of the mountain. We have watched that process, for example, with Africa, where their entire process was about slavery and having nothing. Things are changing there now. People from other countries saw the richness in their land and started going there to set up businesses. Most of the African countries have changed from magenta to red. Now they have places there that produce more riches than the rest of the world. That will increase substantially. We aren't helping them out of the generosity of our hearts. We are taking their riches. Some day they will evolve to the point that they take their own riches back for themselves. But it will be a long time.

Other: But what about the souls that are born into that poverty?

Nancy: You equate poverty with sadness and misery. There is a plus and minus side to poverty too. They have music, dance, freedom from worries (in some cases), a greater sense of connection to the earth. Surely you know that there are rich people who have everything possible in life who are never happy because of it. Richness or poverty is no guarantee of happiness. Both have a plus and a minus attached to them. We get lost in understanding evolution when we forget the paradox of all things. True happiness is to keep the balance and to see the positive and negative of everything. EVERY THING

Other: So does it behoove you to regulate – not have too much good or too much bad?

Nancy: Always. You regulate by saying, "when it becomes uncomfortable, what is my choice here?" Somewhere in the middle, I hope. That's where you can really be happy. You can also ask yourself, "is my value in my truth, or is my value in my ego?"

Other: Does your Eternal Pattern give you a clue about your soul truth?

Nancy: It's your insurance policy. It's your salvation.

Other: Are the five levels of consciousness a committee of equals?

Nancy: They are not equal except in intention. They each have their own elements. Sometimes we do things that we didn't even believe we would be capable of. Have you ever had a situation where you did something you didn't think you could do? Yet, here I am! Right now, many people are dealing with incompletions. We take steps, but we are not certain how stable they are. We want to back up to safety, but it is not there anymore. It's a good time to play with your levels to see where you are. Do I only have my view, or can I communicate (which is mental) with someone to learn new things? If I am in a physical situation where I need help, where do I get the help? That's in the body. The soul knows that you are not going to die. You're just going to change bodies.

The soul is the printout of your ambition for this lifetime on a non-physical level. It has to be taken through the physical.

Manifestation only comes if your soul approves it.

Other: So what would keep your soul from approving it?

Nancy: Your karma, your plan for this lifetime. It is actually called dharma. Dharma is the lesson; karma is the result.

Other: So how does all that plays out with the Indigos and how they have come in to show us the future.

Nancy: That's where you will see a big difference in how that ways out. That's why there are so many challenges right now. The scales are off-balance. They have not regulated yet to the new consciousness. Their ego and mental are a lot different than ours. They know what they want, and they get it. Once they have it, it's no big deal, and they are on to the next problem. They don't hold anything in. And because they do not bring as much in from the past as we do, their needs are less than ours. We may see it as more confusing than ours; they see it as ok. Indigos still have the 5 levels of consciousness. They work their levels differently. We have to produce our own confusion to learn clarity. They are already clearer. They will do what we dreamed.

Indigos still have their environmental training to deal with. But their over-all picture is quite clear.

Other: What about people with disabilities?

Nancy: I think people with disabilities have the ability to handle it, or they wouldn't have it. If it is a statement that could not be changed one way or another, it may teach someone else. Some people volunteer for a life that isn't the norm to show others or teach others.