

# **More about Meditation - aspects of consciousness**

It's very helpful to understand that you are not your mind and you are not your thoughts. The mind is just one of the facets of the soul. Since you are not your mind nor your thoughts, it means you have the ability to change your thinking. You are not at the mercy of a mind in overdrive.

In this course, we draw your attention to three facets of the soul in particular:

- the Mind
- the Subconscious Mind
- the Intellect