

## Levels of The Mind

[http://www.jcim.net/acim\\_us/TxtChap-4-4.php](http://www.jcim.net/acim_us/TxtChap-4-4.php) Section 50

<sup>50</sup> There is a kind of experience which is so different from anything the ego can offer that you will never recover. The word "recover" is used quite literally here—you will never be able to cover or hide again. It is necessary to repeat here that your belief in darkness and in hiding *is* why the light cannot enter. The Bible gives many references to the immeasurable gifts which are *for* you but for which *you* must ask. This is not a condition as the ego sets conditions. It is the glorious condition of what you *are*.

Course in Miracles Original Edition

A - LEVELS OF CONSCIOUSNESS

[http://www.jcim.net/acim\\_us/TxtChap-1-1.php](http://www.jcim.net/acim_us/TxtChap-1-1.php) Section 35

28. <sup>35</sup> Miracles are a means of organizing different levels of consciousness.

<sup>36</sup> Miracles come from the below or subconscious level. REVELATIONS COME FROM THE ABOVE OR SUPERCONSCIOUS LEVEL. The conscious level is in between and reacts to either sub- or superconscious impulses in varying ratios. Consciousness is the level which engages in the world and is capable of responding to both. Having no impulses from itself and being primarily a mechanism for inducing response, it can be very wrong.

<sup>37</sup> Revelation induces complete but temporary suspension of doubt and fear. It represents the original form of communication between God and His Souls, involving an extremely personal sense of closeness to creation which man tries to find in physical relationships. Physical closeness cannot achieve this. The **subconscious** impulses properly induce miracles, which are genuinely interpersonal and result in real closeness to others. This can be misunderstood by a personally willful **consciousness** as impulses toward physical gratification.

B. CONSCIOUSNESS IS WHERE REACTIONS OCCUR IN RESPONSE TO SUPERCONSCIOUS AND SUBCONSCIOUS

[http://www.jcim.net/acim\\_us/TxtChap-1-1.php](http://www.jcim.net/acim_us/TxtChap-1-1.php) Section 38

<sup>38</sup> Revelation unites Souls directly with God. Miracles unite minds directly with each other. Neither emanates from consciousness, but both are experienced there. This is essential since consciousness is the state which induces action, though it does not inspire it. Man is free to believe what he chooses, and what he does attests to what he believes. The deeper levels of the subconscious always contain

The Urantia Book

A - LEVELS OF CONSCIOUSNESS

<https://bigbluebook.org/100/5/6/>

(Page 1099 Paragraph 4) 100:5.6 - If one is disposed to recognize a theoretical subconscious mind as a practical working hypothesis in the otherwise unified intellectual life, then, to be consistent, one should postulate a similar and corresponding realm of ascending intellectual activity as the superconscious level, the zone of immediate contact with the indwelling spirit entity, the Thought Adjuster. The great danger in all these psychic speculations is that visions and other so-called mystic experiences, along with extraordinary dreams, may be regarded as divine communications to the human mind. In times past, divine beings have revealed themselves to certain God-knowing persons, not because of their mystic trances or morbid visions, but in spite of all these phenomena.

110:4.3 Certain abrupt presentations of thoughts, conclusions, and other pictures of mind are sometimes the direct or indirect work of the Adjuster; but far more often they are the sudden emergence into consciousness of ideas which have been grouping themselves together in the submerged mental levels, natural and everyday occurrences of normal and ordinary psychic function inherent in the circuits of the evolving animal mind. (in contrast with these subconscious emanations, THE REVELATIONS OF THE ADJUSTER APPEAR THROUGH THE REALMS OF THE SUPERCONSCIOUS.)

B. THE HUMAN MIND CAN ONLY CHOOSE

<https://bigbluebook.org/196/3/10/>

(Page 2094 Paragraph 9) 196:3.10 - The human mind does not create real values; human experience does not yield universe insight. Concerning insight, the recognition of moral values and the discernment of spiritual meanings, all that the human mind can do is to discover, recognize, interpret, and choose.

<https://bigbluebook.org/111/4/2/>

the impulse to miracles, but man is free to fill its more superficial levels, which are closer to consciousness, with the impulses of this world and to identify himself with them. This results in denying himself access to the miracle level underneath. In his actions, then, his relationships also become superficial, and miracle-inspired relating becomes impossible.

C. WE FILL OUR SUBCONSCIOUS MIND WITH BITTER THOUGHTS THAT BLOCK OUR ACCESS TO THE MIRACLE IMPULSE.

[http://www.jcim.net/acim\\_us/TxtChap-4-4.php](http://www.jcim.net/acim_us/TxtChap-4-4.php) Section 47

<sup>47</sup> The upper level of the unconscious thus contains the Call of God as well as the call of the body. That is why the basic conflict between love and fear is unconscious; the ego cannot tolerate either and represses both by resorting to inhibition. Society depends on inhibiting the latter, but *salvation* depends on *disinhibiting* the former. The reason you need *my* help is because you have repressed your own Guide and therefore need guidance. My role is to separate the true from the false in your unconscious so it can break through the barriers the ego has set up and shine into your minds. Against our united strength, the ego *cannot* prevail.

The miracle impulse is buried under unconscious distortions.

[http://www.jcim.net/acim\\_us/TxtChap-2-1.php](http://www.jcim.net/acim_us/TxtChap-2-1.php)

Section 102

<sup>102</sup> You are involved in unconscious distortions which are producing a dense cover over miracle impulses and which make it hard for them to reach consciousness. The nature of any interpersonal relationship is limited or defined by what you want it to *do*. Relating is a way of achieving an outcome. The danger of defenses lies in their propensity for holding misperceptions rigidly in place. All actions which stem from reverse thinking are literally the behavioral expressions of those who know not what they do. A rigid orientation can be extremely reliable, even if it is upside-down. In fact, the more consistently upside-down it is, the *more* reliable it is.

(Page 1220 Paragraph 1) 111:4.2 - Meanings are nonexistent in a wholly sensory or material world. Meanings and values are only perceived in the inner or supermaterial spheres of human experience

<https://bigbluebook.org/111/1/5/>

(Page 1216 Paragraph 6) 111:1.5 - Human consciousness rests gently upon the electrochemical mechanism below and delicately touches the spirit-morontia energy system above

C. JUDAS FILLED HIS SUBCONSCIOUS MIND WITH BITTER THOUGHTS

<https://bigbluebook.org/177/4/11/>

(Page 1926 Paragraph 4) 177:4.11 - Judas did not realize it at this time, but he had been a subconscious critic of Jesus ever since John the Baptist was beheaded by Herod. Deep down in his heart Judas always resented the fact that Jesus did not save John. You should not forget that Judas had been a disciple of John before he became a follower of Jesus. And all these accumulations of human resentment and bitter disappointment which Judas had LAID BY IN HIS SOUL IN HABILIMENTS OF HATE WERE NOW WELL ORGANIZED IN HIS SUBCONSCIOUS MIND and ready to spring up to engulf him when he once dared to separate himself from the supporting influence of his brethren while at the same time exposing himself to the clever insinuations and subtle ridicule of the enemies of Jesus. Every time Judas allowed his hopes to soar high and Jesus would do or say something to dash them to pieces, there was always left in Judas's heart a scar of bitter resentment; and as these scars multiplied, presently that heart, so often wounded, lost all real affection for the one who had inflicted this distasteful experience upon a well-intentioned but cowardly and self-centered personality. Judas did not realize it, but he was a coward. Accordingly was he always inclined to assign to Jesus cowardice as the motive which led him so often to refuse to grasp for power or glory when they were apparently within his easy reach. And every mortal man knows full well how love, even when once genuine, can, through disappointment, jealousy, and long-continued resentment, be eventually turned into actual hate.

[http://www.jcim.net/acim\\_us/TxtChap-3-8.php](http://www.jcim.net/acim_us/TxtChap-3-8.php) Section 62

<sup>62</sup> Judgment *always* involves rejection. It is *not* an ability which emphasizes only the positive aspects of what is judged, whether it be in or out of the self. However, what has been perceived and rejected—or judged and found wanting—remains in the unconscious because it *has* been perceived. One of the illusions from which man suffers is the belief that what he judged against has no effect. This cannot be true unless he also believes that what he judged against does not exist. He evidently does *not* believe this, or he would not have judged against it. It does not matter in the end whether you judge right or wrong. Either way, you are placing your belief in the unreal. This cannot be avoided in any type of judgment because it implies the belief that reality is yours to choose *from*.

[http://www.jcim.net/acim\\_us/TxtChap-3-6.php](http://www.jcim.net/acim_us/TxtChap-3-6.php) Section 39

<sup>39</sup> Freud realized this perfectly and that is why he conceived the different levels in his view of the psyche as forever irreconcilable. They were conflict-prone by definition because they wanted different things and obeyed different principles. In *our* picture of the psyche, there is an unconscious level which properly consists *only* of the miracle ability and which should be under *my* direction. There is also a conscious level, which perceives or is aware of impulses from both the unconscious and the superconscious. Consciousness is thus the level of perception but *not* of knowledge. Again, to perceive is *not* to know.

[http://www.jcim.net/acim\\_us/TxtChap-2-5.php](http://www.jcim.net/acim_us/TxtChap-2-5.php) Section 96

<sup>96</sup> You persist in believing that when you do not consciously watch your mind, it is unmindful. It is time, however, to consider the whole world of the unconscious or "unwatched" mind. This may well frighten you because it is the *source* of fear. The unwatched mind is responsible for the whole content of the unconscious which lies *above* the miracle level. All psychoanalytic theorists have made some contribution in this connection, but none of them has seen it in its true entirety. They have all made one common error in that they attempted to uncover unconscious *content*. You cannot understand unconscious activity in these terms because "content" is applicable *only* to the more superficial unconscious levels, to

<https://bigbluebook.org/172/1/7>

(Page 1897 Paragraph 5) 172:1.7 - It was because of this rebuke, which he took as a personal reproof, that Judas Iscariot finally made up his mind to seek revenge for his hurt feelings. Many times had he entertained such ideas subconsciously, but now he dared to think such wicked thoughts in his open and conscious mind. And many others encouraged him in this attitude since the cost of this ointment was a sum equal to the earnings of one man for one year—enough to provide bread for five thousand persons. But Mary loved Jesus; she had provided this precious ointment with which to embalm his body in death, for she believed his words when he forewarned them that he must die, and it was not to be denied her if she changed her mind and chose to bestow this offering upon the Master while he yet lived.

which the individual himself contributes. This is the level at which he can readily introduce fear and usually does.

[http://www.jcim.net/acim\\_us/TxtChap-4-4.php](http://www.jcim.net/acim_us/TxtChap-4-4.php) Section 45

<sup>45</sup> In its characteristically upside-down way, the ego has taken the impulses from the superconscious and perceives them as if they arise in the unconscious. The ego judges what is to be accepted, and the impulses from the superconscious are unacceptable to it because they clearly point to the nonexistence of the ego itself. The ego therefore experiences threat and not only censors but also reinterprets the data. However, as Freud correctly pointed out, what you have repressed can retain a very active life *beyond* your awareness.

D. PRAYER IS THE MEANS TO ACCESS OUR SUPERCONSCIOUS MIND.

[http://www.jcim.net/acim\\_us/MNL-21.php](http://www.jcim.net/acim_us/MNL-21.php) Section 1

<sup>1</sup> Strictly speaking, words play no part at all in healing. The motivating factor is prayer, or asking. What you ask for, you receive. But this refers to the prayer of the heart, not to the words you use in praying. Sometimes the words and the prayer are contradictory; sometimes they agree. It does not matter. God does not understand words, for they were made by separated minds to keep them in the illusion of separation. Words can be helpful, particularly for the beginner, in helping concentration and facilitating the exclusion or at least the control of extraneous thoughts. Let us not forget, however, that words are but symbols of symbols. They are thus twice removed from reality.

<sup>2</sup> As symbols, words have quite specific references. Even when they seem most abstract, the picture that comes to mind is apt to be very concrete. Unless a specific referent does occur to the mind in conjunction with the word, the word has little or no practical meaning and thus cannot help the healing process. The prayer of the heart does not really ask for concrete things. It always requests some kind of experience, the specific things asked for being the bringers of the desired experience in the judgment of the asker. The words, then, are symbols for the things asked for, but the things themselves but stand for the experiences which are hoped for.

<sup>3</sup> The prayer for things of this world will bring experiences of this world. If the prayer of the heart asks for this, this will be given because this will be received. It is impossible that the

D. PRAYER IS THE MEANS TO ACCESS OUR SUPERCONSCIOUS MIND.

<https://bigbluebook.org/91/2/6/>

(Page 996 Paragraph 6) 91:2.6 - During the earlier times of racial evolution and even at the present time, in the day-by-day experience of the average mortal, prayer is very much a phenomenon of man's intercourse with his own subconscious. But there is also a domain of prayer wherein the intellectually alert and spiritually progressing individual attains more or less contact with the superconscious levels of the human mind, the domain of the indwelling Thought Adjuster. In addition, there is a definite spiritual phase of true prayer which concerns its reception and recognition by the spiritual forces of the universe, and which is entirely distinct from all human and intellectual association.

Revelation comes from superconsciousness.

<https://bigbluebook.org/91/3/5/>

(Page 997 Paragraph 3) 91:3.5 Aside from all that is superself in the experience of praying, it should be remembered that ethical prayer is a splendid way to elevate one's ego and reinforce the self for better living and higher attainment. Prayer induces the human ego to look both ways for help: for material aid to the subconscious reservoir of mortal experience, for inspiration and guidance to the superconscious borders of the contact of the material with the spiritual, with the Mystery Monitor.

prayer of the heart remain unanswered in the perception of the one who asks. If he asks for the impossible, if he wants what does not exist or seeks for illusions in his heart, all this becomes his own. The power of his decision offers it to him, as he requests. Herein lie hell and Heaven. The sleeping Son of God has but this power left to him. It is enough. His words do not matter. Only the Word of God has any meaning because it symbolizes that which has no human symbols at all. The Holy Spirit alone understands what this Word stands for. And this, too, is enough.

[http://www.icim.net/acim\\_us/MNL-29.php](http://www.icim.net/acim_us/MNL-29.php) Section 6

<sup>6</sup> Never forget that the Holy Spirit does not depend on your words. He understands the requests of your heart and answers them. Does this mean that while attack remains attractive to you, He will respond with evil? Hardly! For God has given Him the power to translate your prayers of the heart into His language. He understands that an attack is a call for help. And He responds with help accordingly. God would be cruel if He let your words replace His Own. A loving father does not let his child harm himself or choose his own destruction. He may ask for injury, but his father will protect him still. And how much more than this does your Father love His Son?

<https://bigbluebook.org/91/7/4/>

(Page 1000 Paragraph 5) 91:7.4 - The human mind may perform in response to so-called inspiration when it is sensitive either to the uprisings of the subconscious or to the stimulus of the superconscious. In either case it appears to the individual that such augmentations of the content of consciousness are more or less foreign. Unrestrained mystical enthusiasm and rampant religious ecstasy are not the credentials of inspiration, supposedly divine credentials.

<https://bigbluebook.org/100/5/7/>

(Page 1099 Paragraph 5) 100:5.7 - In contrast with conversion-seeking, the better approach to the morontia zones of possible contact with the Thought Adjuster would be through living faith and sincere worship, wholehearted and unselfish prayer. Altogether too much of the uprush of the memories of the unconscious levels of the human mind has been mistaken for divine revelations and spirit leadings.

The subconscious and conscious mind are adjutant animal mind?

The superconscious is the Holy Spirit and Adjuster?

The Holy Spirit becomes useful mind to the personality (will) at the morontia level of reality? This is where meaning is discovered.

The Adjuster is the source of revelation from above.

The Miracle impulse is the drive to unite from subconscious. The gregarious instinct? The Mother Spirit adjutant mind impulses?

The Spirit of Truth works to unite all aspects?

Terms in CIM and UB: unconscious, subconscious, conscious, superconscious.