



Living My Spirituality

# Our Levels of Consciousness

**CONSCIOUS** Mind  
the PRESENT

**SUBCONSCIOUS** Mind  
the PAST

**SUPER CONSCIOUS** Mind  
the INFINITE

**The law which governs the Universe is absolutely reliable and unbreakable. Learning how it works is crucial to your success.**

Richard & Mary Alice Jafolla – *The Quest*

## **CAUSE and EFFECT**

**For every result or thing that exists –  
an effect – there is something that  
made it happen – a cause.**

## UNITY'S 3<sup>rd</sup> PRINCIPLE

We create our life experience through our thoughts, feelings and beliefs.

*“Thoughts held in mind produce after their kind.”*

Jesus said, "This is what the kingdom of God is like. A man **scatters seed** on the ground. **Night and day**, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain--first the **stalk**, then the **head**, then the full **kernel** in the head. As soon as the **grain is ripe**, he puts the sickle to it, because the **harvest has come.**"

Mark 4.26-29

# Working with the Law

- Plant thoughts in consciousness
- **Repeat over time**
- Takes hold in degrees...
  - Thoughts, Feelings, Images, Words
- **Belief is established**
- We reap what we sow
- **Physical Manifestation**

# Divine Order

**MIND**

**IDEA**

**EXPRESSION**

**“The Creative Process”**



**We sometimes think one thing and manifest another because the conscious thought of the moment has not yet worked itself into the subconscious phase of mind – it has not been felt or realized. Until thoughts become a part of the feeling nature they do not produce results in our bodies and affairs.**

Richard & Mary Alice Jafolla – *The Quest*

Finally, beloved, whatever is **true**,  
whatever is **honorable**, whatever is **just**,  
whatever is **pure**, whatever is **pleasing**,  
whatever is **commendable**, if there is  
any **excellence** and if there is  
anything **worthy of praise**,  
*think about these things.*

Phil. 4.8

**We do not attract that which we want but that which we are. Our wishes and prayers are gratified and answered only when they harmonize with our thoughts and actions.**

*James Allen – As a Man Thinketh*

**For nothing is hidden that will not be disclosed, nor is anything secret that will not become known and come to light.**

*Luke 8.17*

In actual practice we must be quiet and calm within ourselves and begin to think new thoughts even though they contradict everything that appears, for that which created can re-create, that which molded can re-mold.

Ernest Holmes – *Living the Science of Mind*



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**Before I can *see* it,  
I must choose to *be* it.**

