

MIND DEFINED

3,6,9

And the emergence of Self

INTRODUCTION

A most comfortable Truth

When an unwelcomed Truth knocks on the Mind's door, there are the well documented three phases of response. Denial, Anger and Acceptance.

Such it was when I was first told that Shakespeare did not write the plays attributed to him. First, Denial, quickly, followed by anger. I quoted Shakespeare I had learnt at school, as if that would bother Truth. When I was told to go and find evidence to support my belief, such is the nature of belief, I set off with the highest expectations. Of course, there are no original copies of the plays in his handwriting.

Although I did not need to go any further, I did waste time clutching at straws.

I tell you this because, for many of you, the information contained in this work, will give rise to similar responses as various information is presented to your rational self. Just bear it all in mind as the clarity of the picture increases with your understanding and acceptance of this most comfortable Truth.

At the end of this work, I will briefly explain the relationship of Self to Mind

We do Mind and We Do Matter

know thyself

Mind is a mental entity. It is defined mathematically. I will attempt to define it using words and divide it into 3 sections each with 3 Levels, hence, 3, 6 and 9.

Mind is composed of waveform frequencies that emanate from, what G. Leibnitz defined as "monads", in his Principle of Monadology.. They are First Causes and all existence manifests from them. He defined them as "Existents" and stated that they have always existed and always will. They are immortal. Unofficially, he used the term "Soul" instead of 'monad', at that time in history, it would have been deemed heretical to make such a bold statement.

I often combine the two words and refer to them as Monadic Souls. **It is the waveform emanations that emanate from the Monadic Souls that create a field that surrounds them, this field is the core and origin of the hyper concept that we call Mind.** The waveform frequencies are flowing points of packets of data/information, their interaction with other waveform frequencies manifests the Mind Field around the Monadic Soul body.

The continuing interaction of these algorithmic waveform frequencies increases in complexity almost exponentially. Eventually, the concept of Intelligence manifests. The original simplicity of 'If, Then

Statements' quickly becomes quite complex, and the process has been continuous since the Big Bang. If waveform A interacts with waveform B then, either one or more waveforms are created. Quickly, a large number of possible outcomes manifest from only a few interactions.

A monad/soul corresponds to a singularity. The sum total of all Monadic Souls corresponds to a super singularity comprising of all of the individual singularities. This super singularity corresponds to the Universal Soul, the universal collective of all souls.

The First Three Levels of Mind

The first level/concept that manifests within this evolving intelligent Mindfield is Comprehension and the second one is Understanding. We know from our own experience of Mind that comprehension underlies understanding. Different Minds, (different people) process information in different ways, however, as with your reading of this work, at first you will comprehend the information, it is concordant, and rational, as you progress through the work your understanding will further develop.

Understanding is itself an expanding concept. Increased information and vocabulary enable the Mind to increase its understanding of whatever it is focused on. Understanding represents an increased complexity of waveform frequencies, with an associated increase in processing ability, within the Mindfield.

The outer 'layer', the third 'level' of this Form that is the Mindfield, is the emergence of Knowing. Knowing, it is the teleological outcome of the increasingly complex interaction of waveform frequencies achieving an Omega Point. It is a mathematical final statement. When the Soul Mind is all knowing, the 'Journey of the Soul' is complete, it is a fully Enlightened totally symmetrical entity.

These three levels/layers of the Mindfield are the only immortal aspects of Mind as we know it. They exist in the non-dimensional realm of Mental Mathematical Absolute Truths. They are virtually inaccessible to our everyday Conscious mind, this is the Realm of Unconscious Mind. In conversation it should be referred to as Soul Mind, incorporating all three levels. There are no firm boundaries between these levels, it is not quite that simple. Mind processes information, it is constantly learning and attempting to glean more and more information and process it more efficiently.

The fourth, fifth and sixth levels of Mind.

The second three levels of Mind should be generally referred to, by their location, which is Spirit Mind. Soul Mind controlled the development and evolution of the first cellular life forms, by using algorithmic waveform frequencies that monitored and controlled events within the cell. Eventually, with the creation of multicellular organisms, more complex nonphysical activity was occurring in the Spiritual realm of existence that I refer to as the Zero Point Realm. (later I will explain this further). The fourth level to manifest I define as the **Inner Spirit Mind**. It is a mental construct of Soul Mind and corresponds with the physical body at a very deep level and is our closest connection with our Soul Mind. It is within our subconscious and virtually inaccessible to our mundane daily mental activities.

Emanating and emerging from Inner Spirit Mind is the central core body of our Spirit Mind. This fifth level, I define as **Central Spirit Mind**. It coordinates mental activity between the Inner Spirit Mind and the **Outer Spirit Mind**. (the sixth level). It is most likely that our memory is located somewhere within

Spirit Mind. These three levels of our mind connect to our body via the Chakras and other subtle energy bodies that either evolved and/or manifested to enable a direct correspondence with each cell of the body. The subtle nature of subtle energies is barely comprehensible to our conscious mind. Yoga and Tai Chi Gong practices have names for [some of] these subtle energy bodies.

Soul Mind's connection with the body is directly through our DNA. I consider that our Spirit Mind interphases in a different manner because it is not in the non-dimensional realm of immortal Soul Mind. It is the Outer Spirit Mind that connects to the final three levels of Mind.

The Seventh, Eighth and Ninth levels of Mind.

The emergence of Consciousness I discuss elsewhere in this work, it is associated with the cortex of the brain. Through a dramatically increased amount of processing power of the brain/mind 'continuum', self-awareness arises and an even more complex form of awareness subsequently develops. This is consciousness. Many animals experience it to some degree, it is the increased size of the cortex in the human brain, coupled with the prefrontal lobe's activity that manifests human consciousness as something that we then try to understand and define.

The **Lower Conscious Mind** is present in many animals and manifests self-awareness to some extent or another. It is the seventh level of Mind.

The eighth level of Mind is **Conscious Mind**, it is predominantly a product of the prefrontal cortex, although present in some animals to a small degree, it truly manifests in humans. Consciousness is what manifests within it. A basic definition of 'conscious' is having an awareness of cognitive and life processes, with the ability to communicate that awareness. 'Consciousness' is an outward expansion of that basic knowledge and awareness of 'being alive'. That expansion continues and manifests the ninth level of Mind. The more 'journeyed the Soul' of the individual, the more conscious and understanding they are of the world around them.

The more 'journeyed the Soul' of less evolved animals the more they will understand the world around them.

The Journey of the Soul is from total unconsciousness to total consciousness, from 'ignorance' to 'divinity', remember, we are using words to attempt to explain that which is virtually beyond explanation. Mathematically, it is from the total outpouring of all waveform frequencies from a monad/Soul, to a state whereby all waveform frequencies remain contained within the monad/Soul's realm. Maybe it can be visualized as the form of a toroid vortex, totally symmetrical.

Consciousness and understanding are manifestations of Mind, as consciousness expands, unconsciousness decreases. As we learn and our mind matures with each incarnation, it journeys closer to its teleological endpoint, (eventually the Fully enlightened Mind (total symmetry) is achieved and reincarnation is no longer an option...)

It is this state of Mind, consciousness expanded beyond its mundane levels, a Hyperconscious level of mental activity that defines the **Ninth Layer of Mind**. Meditation accesses it, it is, quite possibly the purpose of our [human] existence. It is this state of mind that enables our mental activity to reach that point of Infinity and connect directly to our own Monadic Soul.

The mental realm is defined by zero and infinity, the physical realm is defined by all of the numbers in between zero and infinity.

When our Mind is so adept that it can journey to Infinity, it has reached a point of transcendence from the mundane physical world. We are all at some stage of that journey along the continuum of Life.

And so....

I am no genius. Just as my understanding of all things has grown over time, so will your understanding of everything written in this work develop accordingly. It is not rocket science, the more you comprehend and give consideration to what you are reading, the more you will be able to understand.

Everything you will read within this work, is a synthesis of knowledge that I have gleaned from some of the greatest and smartest Minds in history. I incorporated their information into the body of knowledge that I have accumulated during the past five decades or so. Initially, that foundation was my academic studies, however, due to certain academic facts being quite incorrect at best, it took me several decades to correct the errors, iron out the creases and produce a more solid foundation. Now, it has a mathematical foundation that ensures that it is stronger than Roman Concrete.

Apparently, I was trying to answer the questions posed to me as a schoolboy and undergraduate: ... What is Life? and where did DNA come from? I did not pay much attention to Mind back then because it was already being eradicated from academic teachings, although I was familiar with the mind and matter duality of Plato and others.

In Victorian times, up until 1875, Psychology was the study of Mind and Soul, and contrary to what we were also told, Victorian scientists were involved in highly intellectual development, producing ground breaking inventions. Mind was already being removed from scientific study, it is about time to define it in more detail and bring it 'back into the equation'. It is the missing link that makes everything so easy to understand.

I was unaware that my journey through life would eventually provide the groundwork to realise the answers I had be unconsciously seeking. I was aided by the arrival of the internet and what I can now, only describe as intuition and synchronicity.

At University, I knew that Darwin was incorrect at best, but had no idea why that thought was 'in my head'. Now I am decades older and I would say the same thing using more accurate terms, 'I did not understand why I felt that way'. The subtle difference between those two statements, like most subtle differences, can become quite significant, such is the affect of relativity on the Mind. (the difference between all things physical, is, by definition, relative).

The physical realm is 'relative' and the mental realm is 'absolute'.

The initial consideration for understanding what Mind is, is the acceptance that there is a duality of existence which is expressed philosophically as two (separate) Realms of Existence, Mind and Matter.

We are told that we have 'a mind of our own', and that we live in a physical realm of matter and that it is defined by the term and concept, dimensional.

We are told that we live in a three dimensional world. The evidence suggests exactly that. It is a mathematical certainty that any place on this planet can be precisely located by using GPS coordinates which correspond to the coordinates of the x, y and z axis on a graph.

The x, y and z axis correspond to the terms, length, width and depth. The volume of any object is calculated using these three 'dimensions'. However, further consideration will lead you to question what we are led to believe 'dimension' truly refers to.

The eyes of mammals have stereoscopic vision, (two forward facing eyes), which enable the Mind to create 'three dimensional' images. We are taught that what we see outside of and beyond our eyes is a projection of what the brain interprets from all the information being processed from the eye.

Stereoscopic vision certainly helps us survive in the physical world, a most valuable evolutionary tool.

By the way: Well done for getting this far... I hope it will get more interesting for you.....

Eventually, I could not fully explain all things using the duality of Mind/Matter. I recall many years ago now, a professor called Brian Cox, explaining on the UK TV show 'Qi', that the physical realm manifested instantly, in its entirety, and that it came from the Zero Point Field. (ZPF). I have watched that episode two times in the past. Revisiting it recently, I found that that particular clip has been removed.

If you are not familiar with the ZPF then look it up. It is necessary to understand this concept of the Universe being filled by a plenum of zero points, and how one cubic centimetres has within it, enough energy to power this planet.

Before going in to more detail about the ZPF, let me outline a simple explanation of the different levels of Mind. We should accept that Mind and Matter are two realms of existence separated by the ZPF. If you find that hard to accept, then just keep your mind open and consider it a possibility. The Realm of Matter is Dimensional, it manifests SpaceTime. The Realm of Mind is mental, comprising of waveform frequencies, it is non local and separated from SpaceTime by the Zero Point Field.

Most 'explanations' of Life and Mind come in threes, Conscious, Subconscious and Unconscious, Father Son and Holy Ghost, Mind, Body and Spirit and Id, Ego and Superego (although here be careful, Freud and Jung gave different definitions of these words).

I define three levels of Mind as follows, Soul Mind, Spirit Mind and Conscious Mind. That is because they have a mathematical foundation and correspond to, corelate with and rationally explain what life is, where DNA came from and underly the Theory of Evolution of Life on this planet.

Ultimately, everything I will state in this work actually corresponds to all things in the Universe. It has to, in order to be the groundwork for a complete explanation of all things. However, for simplicity's sake, let's stay on planet Earth for now.

Soul Mind exists in the non-dimensional realm, outside SpaceTime. Sir Roger Penrose explains the math underlying the Eon, it is the period of time from the Big Bang to the Big Crunch. SpaceTime manifests with the Big Bang and disappears with the Big Crunch. With the Big Crunch, all 'things' that manifested the physical realm of matter have returned to the non-dimensional realm, and all monads are perfect symmetrical 'mathematical' entities.

Please bear in mind here that not only am I repeating ideas and concepts of other great Minds of the past but that also, we are using words to try to explain something beyond words. Mind assigns meaning in order for it to develop understanding. Herein is another trinity, Comprehension, Understanding and Knowing. They are mental attributes and correspond to the Evolution of Mind theory which is the fundamental aspect of Mindism. The mind comprehends before it can understand, and as Understanding expands it manifests Knowing. Comprehension, Understanding and Knowing correspond to the three levels of SoulMind, which I will make more clear diagrammatically, later in this work. Together they manifest the concept of 'Intelligence'. Intelligence is fundamentally within Soul Mind, it is where information is processed and decisions made. However, as Soul Mind communicates with physical bodies, i.e. organisms, it is the complexity of the organism that determines the extent of Intelligence that it can potentially manifest. Many organisms, even single cell organisms, do not have brains, not even neurons, but they can display immense levels of Intelligence.

The medium of communication between SoulMind and the individual organism it is communicating with and ultimately controlling, is through the DNA of that organism. For the first couple of billion years of life on this planet SoulMind only communicated with single cell organisms because multicellular organisms had not yet evolved, they did not yet exist on this planet. The single cell organism is a body in its own right, the appearance of the most primal cell bodies, probably around three and a half billion years ago or so, is explained in my work called, the Evolution of Mind.

Just accept for now the possibility that Intelligent Mind was able to evolve via information feedback systems between Soul Mind and Cell Body via DNA. Where there is life on this planet, there is DNA. **I define Life as the two way flow of information between Mind and Cell Body.** The biochemical processes that manifest and perpetuate life are only found within the individual cell body.

Awareness is mental, not physical, however, it is awareness of the physical that dominates our minds today, it is our physical senses that feed information to our mind. For single cell organisms it was the same principle, the difference being that information was collected by molecular structures within the cell. Our physical senses are basically neurons (nerve cells) with highly evolved specifically developed extremities called receptors, which interface with the physical environment. Different receptors respond to different signals from the environment. The receptor relays the information back to the mind via the DNA in the cell body of the neuron. A more detailed explanation of this modus operandi (how this works), is in my work, The Evolution of Mind.

The earliest cells were not complex multicellular organisms, they were most simple and primal single cells. SoulMind only communicates with the single cell. Within the timeframe of existence since the Big Bang that produced this present Eon, it is considered that for the first 500,000 years or so, temperatures within the physical realm were so high that no matter (i.e. protons, neutrons and electrons), were able to coalesce and come together to form atomic structures, the Universe had to cool down a bit first before physical matter could 'organise itself' into atoms and then molecules and eventually planets. It is all defined, controlled and organised by the Laws of Physics that pervade the Physical Realm.

So, the first three levels of the Evolution of Mind, Comprehension, Understanding and Knowing are contained within the individuated SoulMind. The totality of all SoulMinds is the Universal SoulMind, (some of you are familiar with it being called Universal Soul, or Universal Mind).. Immediately after the Big Bang, with the concept of Time manifesting accordingly, all Soul Bodies were totally unconscious and Mind was in its most rudimentary form, virtually non-existent.

First Causes as defined by G. Leibnitz exist, and it is their waveform emanations interacting with other waveform frequencies from other Soul bodies that manifest a field of mathematical 'activity'. That mathematical activity develops rapidly with increasing complexity and it becomes a Field of waveform interactions, and that is what we can refer to as The Primal Mind Field. The more the activity progresses, the more the Mind Field evolves. Eventually the complexity is beyond hypercomplex and a State is reached that we can intuit and describe as a basic comprehension of information. Mind begins to comprehend its own existence..

Anyway, I am trying to keep this simple, so back to the three levels of SoulMind. Soul Minds were able to interact with primal cell bodies that manifested in the Primordial Soup, they were lipid spheres containing a molecule or two of Nucleic Acids The course of evolution was established using biofeedback information exchange between this primal cell body and SoulMind. How? Creative Intelligent Design. The Universe was in existence for 10 billion years before planet Earth began to condense and coalesce and become a planet. 10 billion years is a lot of time for Mind to evolve within the non-dimensional realm. Many individuated SoulMinds became highly intelligent entities within themselves.

It was Creative Intelligent Design that engineered and formed the first DNA molecules. Scientists can recreate the conditions of 4 billion years ago, they can create Nucleic Acids, they cannot create the Deoxyribo Nucleic Acids, i.e. DNA.

Here is a simple explanation of how Intelligence evolved.

Basic Math (and logic) have what are called 'if then statements'. Quite easy to understand...Initially and at first, simply put.... if this happens then that will occur but if that happens then this will occur. You should be able to see that this is a simple form of cause and effect. If and when waveform A collides with Waveform B, then in simple terms, either waveform C, (A + B) will be formed, or several waveforms will manifest, depending on the data content of A and B

If we assign single numbers to the smallest waveform frequencies then we have, for example ... if/when waveform number 1 collides with waveform number 2, then the waveform number 3 is formed. Put simply $1+2 = 3$.

Next step is to recognise that this simple interaction of waveform frequencies will become quite complex very quickly. This is better explained in the Evolution of Mind. Basically, for example, waveform frequency number 3 colliding with waveform frequency number 8 *could* produce the waveform frequency (wff) 11, ($8 + 3 = 11$). However other informational components within the waveform, such as phase shift or amplitude, affect the outcome. There will be various outcomes, e.g. $8 + 3 = 2 + 4 + 5$ (wff

8 + wff 3 gives rise to wff 2+ wff 4 +wff 5) or maybe $8 + 3 = 2 + 6 + 3$, and more. I expect that you can work out the other possible outcomes.

A simple or 'small' waveform frequency can be regarded as a simple algorithm because it holds a large amount of data.

when algorithm/wff A collides with algorithm/wff B the outcome will always be the same. Waveform frequencies are highly specific, as for example, remote sonic devices will only respond to an individual frequency. *This is an important concept to grasp.* It is the basis of mathematical logic and subsequent intelligence. It also underlies Hegel's Dialectic.

Eventually Mind, through complex 'If then Statements', realises/manifests intelligence, comprehension and outcomes.

I am not sure how, but somewhere within all of that manifests the concept that we call 'Memory', most likely it is not in the non-dimensional realm, we will come to that later...

The micro vortex, the key to understanding DNA as an information 'transmitter/receiver'

With the appearance in the physical realm (the chemical soup) of three dimensional carbon molecules, it seemed that they became very stable within a hexagonal configuration. In chemistry you may know them as Aromatic Carbon or Benzene Rings, and many chemicals are derived from this basic hexagonal molecular structure, including glucose and all the other sugars.

These three dimensional hexagonal structures enable micro vortices to manifest within their structures.

Here, I consider it is briefly necessary for you to realise the absolute 'tinyness' of the structures I am talking about. For me, it is relatively easy now, because I have slowly, over the decades, learnt to visualise smaller and smaller levels of physical reality. Visualising a decreasing size from the macroscopic to the molecular and then to the atomic and the sub atomic, was for me, a slow form of realisation. It seems that the smaller things are, the faster they seem to be able to move. The spin speed of some of the molecules of life is often beyond superfast, it is mental.

And only most recently, I realised, that just because the Zero Point is smaller than the smallest thing that can be measured, there is no reason to assume that there cannot be anything smaller than the Zero Point. Leibnitz did not have to consider the definition of the zero point, his mind was less corrupted than modern times distortion and pollution of the mind field by lies and deception. His understanding and intuition enabled him to produce a rational definition of First Causes.

There are nerve cells in your spine that fire more than 1000 times per second.. Consider that..... One thousandth of a second is a long time in the single cell. Now, using the latest technology, it is apparent that some activities happen within a millionth of a second.

Now, back to the micro vortex within the hexagonal carbon skeleton. The alleged Jewish symbol of the Star of David, appears when you draw lines between the six carbon atoms of the hexagonal carbon structure. Each triangle represents a vortex, you can now see it to also appear to be two sides of a cone with a flat top.

Small waveform frequencies in the physical realm get caught in these micro vortices. They are then, with increasing velocity, trapped within the 'downward' force of flow towards the apex of the vortex. A tornado is a vortex and we know that there is a two way flow of energy within them, things not only get forced down but other things, like trees and houses get sucked up. **It is this two way flow of information that is the key to understanding how information passes between the dimensional realm and the non-dimensional realm.**

The apex of the vortex when aligned with a Zero Point makes it a 'portal' between the Dimensional and the non-Dimensional Realms and a two way flow of energy/information becomes possible.

Be sure to understand, or at least, at this point in your journey through the Mind, just to accept that the word 'energy' is a dimensional term and the word 'information' is a non-dimensional term.

It is an assertion of conventional science that there is nothing beyond the zero point. In truth, the zero point is the 'nothing', (by definition) and beyond that is the non-dimensional realm of waveform frequencies, (the source of everything), it is mental, beyond physical existence. Everything outside of the Non dimensional Realm has manifested from 'Zero'. Everything comes from Nothing.

Information passes through the zero point portal created by the vortex, into the mental realm on the 'other side' of the zero point. There is a two way flow of waveform frequencies. These molecular structures that had newly arrived on this planet, around four billion years ago, facilitate this two way flow of information.

It was a 'first' for SoulMinds, non local to this planet. They were 'interested' in this new information received from another source outside of the Soul Mind, they responded accordingly. Slowly they learn about the dimensional realm, it probably only took a couple of hundred million years to develop a 'trial and error method of sending information through the zero point portal to 'see' what happened. The 'Mind's Eye' had manifested.

The difference between hexagonal shaped carbon molecules and nucleic acids is minute. Glucose has a hexagonal structure made up of six carbon atoms.

The structure of a nucleic acid differs basically from a glucose molecule by only one electron....

Nucleic acids (NAs) are in the primordial soup, scientists recreating conditions four billion years ago can find glucose and NAs in their soup, but not DNAs.

DNA is the product of Creative Intelligent Design, which itself is a function of Mind.

Normal NAs would structurally deform when water was not present, that is to say that the 'soup' dried up. Creative Intelligent Design, by trial and error, constructed the DNA molecule, sufficiently robust to not structurally deform (lose its three dimensional structure), when water was not present. We know this from extracting DNA from fossils. Never underestimate the power of the Mind.

The Zero Point Field separates the dimensional realm of physical matter from the Non dimensional, mental realm.

The conventional science of Prof. Cox states that there is nothing smaller or beyond the zero point, despite most Physicists recognising that the physical world of extension is exactly that... an extension of 'something else'.

Everything that is in the physical realm emanates from the ZPF. Put another way, everything comes from Nothing. This is reflected in Euler's formula defining the Unit Circle. This formula is regarded by so many mathematicians as the best formula of any mathematician to date. There is a book you can download onto your Kindle for just a few dollars, it explains Euler's Formula, it is called 'The God Equation' by Mike Hockney.

Reading it is not so difficult, *it is a mathematical proof for reincarnation*. I am no genius and I can understand it. Euler was apparently one of, if not the greatest mathematicians of all times, he was German. Catherine the Great of Russia had him come to her Court and share his knowledge with the Russian intellectuals. Euler's mathematical prowess was built on the back of another 'giant', Godfried Leibnitz.

Leibnitz created the mathematical tool called 'Calculus', he lived at the same time as Isaac Newton, who also developed a weaker form of calculus that the British mathematicians used for almost 100 years, putting them almost 100 years behind the Europeans. Leibnitz also developed the 'Principle of Monadology', whereby he named the smallest possible thing to exist, the Monad. Unofficially he saw the monad to be synonymous with The Soul, however, making such a bold statement at that time in history would have been suicidal, the Catholic Church would have branded him a heretic and killed him.

The Monad was, according to Leibnitz, a First Cause, an Existent, something that was always in existence and would always exist because, as a First Cause, everything else in existence would manifest from it.

Leibnitz, being a true genius, also proposed a Principle of Sufficient Reason, a more intellectual form of Occam's Razor. If one monad exists then what sufficient reason is there to explain why only 100 or 1000 would exist? Therefore, there would be an infinite number of them. The monad corresponds to the Soul, the totality of all monads is The Universal Soul.

All Wave Form Frequencies in the mental realm, manifest from all the Monads/Souls. I like to use the term 'Monadic Soul', to refer to this First Cause. I consider that the 'Ayn' in the Kabbalah corresponds to the Monadic Soul. The Wave Form Frequencies emanating from the Monadic Soul correspond to the 'Ain Sof' of Kabbalah. They are non-dimensional 'packets of data/information'.

It is the interaction of Wave Form Frequencies emanating from the Monadic Souls that create the hyper concept that we refer to as Mind.

So, in this work, numbers 1, 2 and 3 correspond to three levels, Comprehension, Understanding and Knowing. They evolved, slowly and gradually. First, comprehension formed and evolved, then understanding followed accordingly. There is no boundary between each level. This is a simple explanation of a highly complex series of mathematical steps emanating out from a central monadic point. Level 3, Knowing, corresponds to, and is a form of, Absolute Truth. It is mental, it is mathematical and it is the foundation of the conceptual principles of Mindism.

With the Big Bang manifesting the zero point field, spacetime and the Physical realm, it was Time that enabled the subsequent condensing of matter, planets and physical bodies. The physical bodies that formed were either the elements of the Periodic Table or molecular combinations of these elements. Molecular structures formed, by association with other molecules and the Universe was starting to take shape.

Comprehend and understand that the Mental realm is the only Immortal aspect of reality. The physical realm and the Spirit realm that is associated with it, manifest with the Big Bang. The Big Crunch denotes the end of an Eon and everything has returned to its non-dimensional origins.

If the above statement is difficult to accept, I understand. Just consider it feasible, keep the mind open and let's continue.

Energy cannot be created or destroyed. It can only be transformed. All things in the physical realm seem to be made up of various forms of energy.

This energy is 'three dimensional'. It comprises of sine waves and cosine waves, they are at right angles to each other and manifest the concept of a three dimensional world. This is discussed more in The Evolution of Mind. More recently, having been introduced to the works of Walter Russell, we can now visualise these waves as having a more complex structural form.

Levels 1, 2 and 3 of Mind, i.e. Soul Mind, interacted with the most primordial first cell bodies that arose in the primordial chemical soup. They slowly, very slowly, over a period of two billion years or so controlled and by creative intelligent design, coupled with trial and error learning, evolved the prokaryotic cell with its free floating DNA. The biochemical reactions were increasing in complexity and were ordered and controlled by algorithms produced by the mind. As the mind learnt more the complexity increased. Slowly slowly, step by step, the biochemical processes that enable Life of the cell to continue, evolved and the established algorithms were the foundation for further 'trial and error' design.

As the mind's eye 'saw' more and developed a greater understanding of the physical realm, memory became more important. Creative intelligent design, responding to environmental signals, evolved and progressed accordingly. At present, for me, explaining memory is far more of a challenge than the difficulty I experienced in learning to explain mind.

Eventually, the eukaryotic cell with the DNA encapsulated in the nucleus, was 'invented' by this intelligent creative mind. The size of these single cells grew rapidly and dwarfed bacterial cells. But bear in mind, the original primal cells were much smaller than the bacterial cells we know existed one billion years ago.

Amoeba are eukaryotic cells. They are a good example of how intelligence manifests, amoebas clearly show that you do not need a brain to be intelligent and know what to do to survive. The explanation came to me after reading a peer reviewed paper in a top scientific journal about amoeba reproduction and behaviour. Needless to say, the explanation is in the Evolution of Mind.

Amoebas are single cell organisms that can sometimes communicate with each other over relatively large distances (for amoeba), and a large number of them come together to form a structure that completely transforms these little beasts. A transformation occurs and something not a million miles

apart from 'caterpillar to butterfly' occurs. The structure is an example of a precursor to a primal multicellular organism. Intelligent mind with its creative capacity for design and build, had a template to work with.. it most probably had at least a few templates to work with.

And so multicellular organisms came into being. The evolution of lifeforms mirrored the evolution of mind that was creating them.

Does that sound familiar? Something creating something else in its own image.... I digress.

An early example of such multicellular organisms are Hydras. The work of Dr. Gerald Pollack explains (indirectly) how there is a natural one way flow of water through the central 'tube' of this organism. It is a current produced by 'the fourth phase of water', check out his Ted Talk. The hydra has tentacles that waft particles into this flow. The particles flow through the central tube of the hydra and the cells lining the 'tube' have to tell the difference between beneficial (nutrients), neutral and detrimental (toxic) particles. Certain molecules cross the cell wall by osmosis, toxic ones have to be kept out and beneficial ones are allowed in. This process evolved by creative intelligent design, that means that a significant change in the DNA sequence was intentionally engineered. Intention is a mental act.

Some beneficial molecules are too large to allow them entry into the cell by osmosis, these molecules have to be 'grabbed' and actively transported into the organism.

Some beneficial molecules may be small enough to pass through the cell wall but their concentrations are too low for osmosis to occur. They too have to be actively transported into the cells that line the tube.

This tube is, of course, the primal gut that evolved accordingly. In its rudimentary form, it was most necessary for it to recognise the signals coming from these various particles flowing through it, and, using memory, build up a repertoire of algorithms to control this process, enhancing health and survival.

That is why 'stupidly', the gut was referred to as the second 'brain'. In truth it was the first brain, it was there before intelligent design created the neuron.

With the appearance of multicellular organisms, mind, which was 'full on' evolving and developing single cells, realised the need to manage the variety of cells now coming into being, that were part of these evolving multicellular organisms. *Different* cells developed different roles. They *differentiated*. At some early point in time of the development of multicellular organisms, SoulMind required some form of management of these differentiated cells. Ans so Spirit Mind was created to fulfil this role as an extension of Soul Mind while also being intimately connected to the physical realm (by the physical body of the multicellular organism).

SpiritMind overlies SoulMind. Its location can be defined as wrapping around the sides of the X shaped image created to demonstrate the physical realm above and the mental realm below. The shape V represents the macroscopic at the top and as the width is reduced becoming microscopic. Then smaller and smaller as it converges towards the base of the V shape, towards the zero point. The V shape is the top of the shape X, it represents the physical realm of measurement. The lower half of the X shape, corresponds to the mental realm of existence, on the 'other side' of the physical realm. The left and right side of the X shape correspond to the Spirit realm, the zero point realm, in reality not just left and right side but actually wrapping around both the dimensional and non-dimensional realms.

Spirit mind correspondingly evolved in parallel with the increased differentiation and complexity of the multicellular organism. Such that, central Spirit mind and outer spirit mind, appeared in accord with the increased size and complexity of these multicellular organisms.

Here we bring in the concept of Awareness. For the first couple of billion years of the evolution of life, Mind was most aware of what is happening in the cell body it is attached to and is learning more about the environment that the cell body found itself in. It is obviously most important for survival, to be able to collect information pertaining to the environment outside the cell body.

The information flow between mind and cell body is the two way flow of life. As the cell body evolved, more information is collected, more information is flowing in both directions and the mind becomes more aware. The basis of awareness is the ability to recognise that 'something' is 'different' from 'something else'. The ability to differentiate is the basis of awareness. The academic definition of discrimination is a form of differentiation. Discrimination is one of the founding features of life itself.

For the sake of simplicity, at this point, we should just consider awareness to originate in the physical realm. Level 1, 2 and 3 correspond to the unconscious mind. Conscious mind cannot really go there. Level 4, is the origin of SpiritMind. It should be visualised as being connected to the dimensional realm because it is associated with, and corresponds with each physical cell body. However, SpiritMind is an extension of Soul Mind that itself communicates with the single cell through the zero point.

How does SoulMind with its zero point connection to the single cell connect with all the cells in the multicellular organism?

Each cell of the multicellular organism may connect to a separate zero point 'behind' which they all connect to the same SoulMind.

I pondered on this this point (ha ha) for a considerable time. Such is life, and such is mind, occasionally the answers that we are trying to find, pop 'into our head'. The realisation I had, also made me consider in more depth, the concept of 'Intuition'. Tuition from within.

Whilst contemplating this conundrum, one day what popped into my head was the German mathematician, Bernhard Riemann, and his work on Complex Geometry. He proved, in 1851, that a single point in the dimensional realm can connect to every point in the dimensional realm. Possibly a rational explanation for how SoulMind can connect to every cell in the body. Complex Geometry. You may have come across this but it would have been referred to as Sacred Geometry. Sacred is a term often used to confirm a connection with God. There is nothing 'sacred' in the mathematical realm of Absolute Truth. I digress.

Soul Mind connects to the single cell, for humans, this first cell is formed by the male sperm and the female egg uniting at conception. The fertilised egg will start to divide after a couple of days or so. SoulMind delivers the life energy/information necessary for this growth.

As far as Creative intelligent Mind is concerned, two different forms of the same species, sharing their DNA to produce the next generation, will greatly increase the potential options and variations of genetic outcomes. That dramatically increases the chances of the species survival. We happen to use the terms male and female to define the two different forms within the species.

Level 4, managing differentiated cells within a single organism.

Always keep in mind that Spirit Mind and Conscious Mind are mental extensions of Soul Mind with an intimate connection to the physical realm. They are mental forms, not physical bodies. However, they both owe their existence to the physical body that has developed from its single cell origin. They manifest during the growth and development of the multicellular organism. However, they are mental, not physical, consequently when the physical body 'dies', what sufficient reason is there to assume that the mental bodies dissociate and 'diffuse into the aether' at the time of physical death?

Considering that the flow of energy/information passes through the DNA of the organism, it may be more accurate to say that physical death is a disconnection from Source, i.e. SoulMind.

The earlier multicellular organisms are more simple and have a stronger overall connection with SoulMind. Memory, that most illusive of mental aspects, should increase as physical body mass increases. Put another way, the more cells that constitute the organism the greater its memory function must be. But how can we be sure? I admit it to be a point of conjecture. The Spirit 'body' that corresponds with/to the physical body, should also manifest as a larger form of 'energy'.

Spirit Mind is learning to co-ordinate the diversifying forms and structures that develop within the various bodies that manifest, as the evolution of species continues. Their physical complexity continues to increase and the levels of co-ordination within Spirit Mind expand accordingly. And so, these complex multicellular organisms start to develop senses because of the appearance of primitive neurons. Of course, they did not really just appear, it was a product of creative intelligent design that saw the need to co-ordinate information within the physical bodies and rapidly transmit those 'signals' between different groups of cells within the body. Neurons evolved too, over time they became able to send information more quickly. They did this by creating Schwann Cells, cells lining the neuron that enabled signals to 'jump' instead of just flow along the axon, which probably formed some force of resistance to the flow).

The appearance of neurons on the scene, upped the competition game and Spirit Mind had its work cut out. It evolved accordingly. Consequently, it became more distanced from 'Source', (i.e. SoulMind), and more preoccupied with its role as a central mental manager and coordinator.

This you can visualise as Level 5 in the Spirit Realm of the subconscious with the mental manager efficiently coordinating intercellular activity.

In truth, because at this stage of evolution there was no 'conscious', there was also, by definition, no subconscious. Now in the physical realm, evolution is speeding up and we can see that in fossil and living species. Brains increased in size and mind followed in tandem. Groups of neurons become 'minds of their own', sometimes referred to as neural networks.

Do not forget that mind uses words to facilitate understanding and the open mind is not jumping to conclusions, which could be regarded as a form of closure. The open mind bears things in mind, it keeps them there and maybe one day they 'pop into our head', our conscious mind, when it is deemed appropriate by the inner levels of mind, where memory is located. This is more of a level 6 phenomena which is preparing enhanced spirit mind connections to conscious mind.

Larger brains enabled more effective mental managers to operate in Spirit Mind. The appearance of the mammalian brain was a truly majestic feat of creative intelligent design. With it, the brains cortex manifested and evolved accordingly.

Up until now, Awareness, has been increasing and as the physical senses evolved, awareness increased accordingly because the information levels also increased. Because the mental realm is outside Spacetime it is able to process information instantly. The time lags that we perceive are due to the time it takes for information to flow along distances in the physical realm. The distance may be the length of a neuron or the length of a DNA strand, there are physical restraints that we have to acknowledge. Sudden braking, when driving a car is a clear demonstration of this time lag over distance. It will be explained elsewhere if I can remember to do so.

The relevance of the brain became more significant as evolution progressed. Do not forget, the Purpose of Evolution is mental, not physical. It is all about the 'Journey of the Soul'.

Awareness has now reached a level that the concept of Self Awareness is ready to manifest. The ability of Spirit Mind to recognise that it is its 'own' physical body that 'houses' it, has been achieved.

The concept of 'self' emerges as 'Level 6' within the definition of Mind develops an imaginary interphase between Spirit Mind and Conscious mind.

A mental construct is just that, the SoulMind has engineered form and meaning in order to construct a mental structure that facilitates further understanding to develop.

Self-Awareness and the emergence of consciousness is within the outer aspects of level 6 that interphase and blend into Level 7

Consciousness is by definition what it says. Mind can intuit its meaning but putting it into words is a bit more challenging. As awareness evolves, eventually 'self-awareness' emerges. These are human terms to describe the human 'condition'. As self-awareness and increased cerebral activity, particularly in the cortex, develops, the next level could be called "Hyper Awareness". Instead it is the term 'Consciousness' that is used to represent and define this level of mental activity. And this level of activity requires a physical body for it to come into existence.

Consciousness is Hyper Awareness. It is the next Level...

Just as the Spirit Body and memory does not immediately decay and dissolve into the 'aether' at the moment of physical death, what sufficient reason is there to assume that Consciousness will be any different?

Level 7, the appearance of the Conscious Mind beyond the realm of Spirit Mind and further detached from SoulMind.

Few species on this planet have minds that are sufficiently evolved to recognise themselves in a mirror. Dolphins, Whales, the Polish crow, Humans and a few others.

You can see how for example that dogs progress from mental level 5 to mental level 6. Their first incarnations as a dog are challenging, learning to interface with humans and our world. *By 'incarnation', I am referring to the SoulMinds connection to a physical body and the life that it experiences.* A mind that is connected to a dogs body for the first time will be ignorant of life as a dog. At first they can get run over by cars, their minds have a lot to learn, with each incarnation they learn and are more aware, more

experienced and are more adapted to human existence. (we all have a connection with past life memory). Their boundary is the 'top end' of Level 6. Here we have dogs that can understand a lot of what you say and you feel their connection, you will hear their owners tell you that they often know what the owner is thinking. Their next incarnation will not be a dog, the SoulMind is on a journey of learning, and it has learnt all it can from that species. It is looking for a 'Level 7' for its next incarnation.

As conscious mind evolved, it is likely that it was the Hominids that evolved in accord with it. Most species either reach the Omega Point of their evolutionary potential or become extinct before that. Crocodiles reached their omega point 200 million years ago, so it seems. **Lobsters well before that.**

The bio quantum computer that is the modern human is an awesome tool for mind to use and facilitate it on its journey.

Add photo

The Zero Point can act as a portal which can only allow relatively small waveform frequencies to pass through. 'Splitting the Atom' was the equivalent of a momentary opening of a Zero Point. The wave form frequencies that enter the physical realm at that moment in time are of all 'sizes' and most of them are seriously destructive.

Nothing in the universe is stationary so why would zero points be any different. That they form a plenum filling the whole universe means that when they move, they will all move in concert. I consider that the most rational form of movement would define a sphere. Their movements 'tracing out' a spherical shape create a void which is inner aspect of the spherical shape/form. A Realm of 'void' manifests within the sphere, and due to the movement of all points to be in unison, the 'void' has a continuity of existence throughout its realm. It is this contiguous arrangement that explains the existence of the Zero Point Realm and the various forces and entities that inhabit it. It is the Aether that Einstein allegedly proved did not existence.

The zero point realm is where the subconscious is 'located'. It is the realm that enables daemonic and other spiritual entities to manifest. They are not in the physical realm or we would know of their existence. They cannot be in the non-dimensional, and although it is feasible that the origin of some of these forms may be non dimensional.. that is a consideration for another time.

The zero point realm corresponds to the Spirit Realm, also housing Spirit Mind and is therefore the most likely location of the memory of each individual's specific incarnation. The Spirit Mind memory that individual organisms build up during the course of their individual life, continues to exist after the

physical death of the organism. The more complex the organism, the longer these memories will ensue, dissociating into the aether as SoulMind determines.

Evolution by definition is a slow and gradual process, such that the emergence of a new species is more of a step like process than an evolving process.

The cerebral cortex, in particular, is associated with Level 7 and the emergence of the conscious mind. *It should not be assumed that the mammals and primates that manifest some simple aspects of conscious mind, (because they have a cerebral [brain] cortex), also manifest consciousness.*

Consciousness (hyper awareness) is a Level 8 phenomena.

What separates humans from all other primates and mammals is the Pre-Frontal Cortex of the human brain. For this realisation, I have to credit Dr. Robert Sapolsky for his entertaining and informative on-line lectures of several years ago. Already by then, his use of the term “mind’ was limited, a recent interview he gave of over 90 minutes enabled him to use the word once.. how sad.

It was proposed in the 1960’s that the pre-frontal cortex was an extension of the mammalian limbic system, but this was not accepted at that time. More recent studies with more modern technology shows that that is exactly what it is. I explain the reason for the emergence of the limbic system with regard to decision making processes in *The Evolution of Mind*. The limbic system enabled mind to create a far greater number of options to consider, before making a decision. That decision, once reached, was relayed back to the brain and the animal would respond accordingly.

The pre-frontal cortex (pfc) increased the number of options exponentially as well as enabling Spirit Mind to create a virtual reality to test out the most preferred responses. The most suitable would be selected and the person would respond accordingly. I say, person, because only humans have a developed pre-frontal cortex. The virtual reality that pre-frontal cortex (pfc) manifests can have an immediate effect on the person. Remembering an event can manifest a loud laugh, a smile, tears of joy or tears of sorrow and so on. These physical responses are all products of the limbic system.

Other potential outcomes are constructed by the pfc, huge numbers of them. It is like assembling pieces of a jig saw. Instead, the mind is assembling ideas, concepts and coordinating other complex packets of data stored in the individual’s memory. The virtual reality created by the pfc mirrors reality and many ideas are tested mentally before being considered to be re-enacted in the physical world. Sometimes we can get an instant ‘result’, an answer to a question we have posed to our self, sometimes we cannot, and our subconscious Spirit Mind continues to try to solve the matter. Then, ‘out of the blue’, the ‘answer’ pops into our head. Spirit Mind has informed conscious mind of the solution to the quandary.

Consciousness manifests from a more evolved conscious mind. Conscious mind is the brain/body connection to real time, the here and now. The here and now is what is conventionally called “the moment”. You have to be in ‘the moment’ nowadays, apparently.

I have contemplated how long one can stay in the moment, especially considering that one thousandth of a second can be ‘ long period of time’ in the life of a single cell. The truth is that the moment is infinity itself, it does not begin and it does not end. There is a ‘good infinity’ and a ‘bad infinity’, I think I explain it in *The Evolution of Mind*. Of course, I am repeating someone else’s explanation, “on the back of giants” is why I might appear to stand above others, without them, I am as uninformed as the next

man. Such is the benefit of a productive and constructive education. The mind evolves accordingly, the SoulMind progresses with more ease towards its final outcome. Total Enlightenment, full symmetry and the end of the passage of countless reincarnations.

Consciousness is simply a form of super awareness. A state of Mind/Body duality of existence that facilitates the gateway to Level 9

Level 9, beyond the physical experience in some form of controlled manner.

Personally, I have no real certain experience of this state of being. I have only had a couple of 'Visualisations' that I know to be real. I have reached this point by initially challenging everything that I have written in the work and the book.

My formal academic education and cultural indoctrinations ensured that my mind was sufficiently closed to consider anything unconventional. For a combination of reasons, eventually 'cracks' appeared, I just could not accept that Darwin was right, I could not master 'willpower', I saw no evidence of God, and the type of critical, analytical education I received, wanting to understand 'why', all this and more, further opened the cracks in my mind. When I was only about 20 years old, I heard that 'we choose our parents', although at the time, a totally irrational statement to me, something within me told me that it was true.

Of course, I subsequently denied that moment of intuition. However, as from a young age, I felt bound to do the right thing, and I returned to study and complete my degree when I was 32 years old, this 'seed of enlightenment' stirred within me and grew accordingly. Returning to higher education, I was a most studious student, particularly considering the previous decade of activities I experienced.

I was reticent to commit to meditation and yoga, I had to understand everything from an academic and conventional starting point. My science background was invaluable. The alternative woo woo stuff out there had to have an academic, rational explanation for me to accept it and build upon it. I have always enjoyed reading since I could read. My parents encouraged it. My dad was a prolific reader, speed reading 2 or 3 books a day if he needed to. Unbelievable.

I travelled overland to India, as so many did in the 1970's. I learnt a lot. Upon my return, I realised that I did not have to travel anywhere to learn to open the mind... The desire to learn is innate, it is within, we are taught to deny the 'joy of learning'. Sad but true. There are always reasons for everything. Everything has an explanation. The works of Leibnitz and Schauberger were particularly illuminating. Eventually, the answers to things I wanted to understand just presented themselves to me in my every day activities. Searching the internet in its early days enabled web pages to appear that provided invaluable information, such as the article about amoeba reproduction and most importantly, the website, 'the Armageddon Conspiracy'. I started to experience what is called 'synchronicity'. Coincidence is a mathematical concept, it is two dimensional, two or more lines coincide at the same point. What is generally referred as coincidence is in fact 'chance', which itself can be influenced by particular levels of our 'own' mind.

My mind, my own mind...do I own it? According to American Indians, ownership is theft. I subscribe to that reality.

You should realise by now that the various levels of Mind are integrated, interrelated, have no 'real' boundaries and all interact according to the moment, and continue to interact continuously until the moment of death. A natural death will be a controlled disconnection of Mind from Body. The life process, denied the life force, ceases and the bodies physical processes end and the body breaks down. The symphony of Life that composed our experiences, comes to and end, the physical body decomposes, the show is over.

Soul

Mind, the immortal aspect of Mind continues on its journey along with all it has learnt from that, now deceased incarnation.. when the 'moment is right', it will begin its next potential incarnation. Spirit Mind and the subtle energies and memories associated with it may remain in the spirit realm for as long as it takes for its dissociation to occur. I have not been there and back consciously to tell exactly what happens. Without personal experience we should hold back on certainty of experience. Personal experience is usually insufficient to state certainty. However, my personal experience with two mediums, and a traumatic shock projecting a vision of my grandfather as a younger man, in his late 30s or early 40s, (I was 10 or 11 when he died in his early 70s), were very real events for me. And I am most critical of self-certainty. I also had a past life regression taster at one of the Mind Body Spirit events I used to attend as an exhibitor selling Buddhas and other Thai products, that 10 minute session freaked me a bit. It was very real, again I know, without doubt, because I am shite at visualisation, when asked to see a door, I saw the door .. not really, but I went along with it, I went through the door, not really, but I went along with it, I was told to look at my feet and instantly, instantly shocked.. they were not my feet. They were very pale white. It happened far too quickly for my mind to have manifested it, it was instant. I was told to look at my feet, I thought I was indulging the practitioner but I did see a pair of feet, and they certainly were not mine.

These events are subjective and I know that what I experienced in my brain/mind interface was very real. That helped to keep my mind open. Personally, I do not consider that I have a mind of my own, but rather I experience a mind that 'owns' me. When I say "me" I refer to my Self, Self I regard as the combination of conscious mind and spirit mind which manifests my character. Character is basically a projection from the monadic soul that is the processor of all the information that my conscious and spirit mind produce. It corresponds with the level of understanding achieved by that monadic soul. Level of understanding, depth of understanding is something I will attend to later.

Why have we been indoctrinated to use the term 'a mind of my own'?

Eskimos have 30 words for snow, we have one word to attempt to describe the most complex thing in the universe. No wonder we get confused and conflict arises so easily. We do not know what we are. It is up there written in various places of old. Know Thyself. That is a good place to start. Unfortunately, before being able to know thyself, it will take best part of a lifetime to understand One's Self. Understanding pre-exists Knowing.

However, teach the children the right thing at the right time and by 7 years old they are ready to be able to know themselves well enough, that by around 21 years old they will have understood sufficiently about life and self to know that their mental development is in concert with their physical development and vice versa. Unfortunately, in the world today, that statement is rather idealistic. It is however very true. I am a rational idealist.

At 21 years old, the 'adult' has finished its third, 7 year cycle. This first 21 year cycle develops our subjectivity. The second 21 year cycle is learning objectivity and then, after 42 years, the mind can start

to truly mature. That will be another 21 year cycle. Apparently, Merlin and all those magicians back in the day were not allowed to enter Schools of Mystery and Magic until they were 42 years old. Their mind had to be stable, mature enough and able to understand and process the knowledge without 'losing the plot'.

From conception, we transcend the Levels of Mind as the physical body grows accordingly. Brain development and age, restrict and determine our physical and mental abilities. The mind of the child and how it experiences reality correlate to its passage through the Levels of Mind. Without a fully developed brain, the mind cannot be fully developed. Without an accurate and constructive education the mind will develop dysfunction. Younger people should appreciate this truth and their youth. They should also realise that their position within the timeline of their own life, limits their cognitive functions accordingly. Unfortunately, so it seems, most of them would not even be able to understand what the previous sentence actually states.

SELF

One of the beauties of language, is that it enables an introspective view and consideration of ideas and concepts. Putting things into words, brings them into the dimensional realm. The greater the vocabulary, the deeper the analysis and understanding of that which is being considered. When it is one's self that is being considered, the greater vocabulary, general education and understanding of biology, physics, chemistry and psychology that one possesses, the more idea we have about who and what we truly are.

The internet is revealing that far too much of our history is a false narrative, hence we can realise that it is nigh impossible to know who and what our forefathers of 100 years ago and more truly were and where they came from has also been so fudged... I digress again

Psychological analysis of Self, as it has been primarily presented to us is Freudian theory, with his classical Id, Ego and Superego definitions. Less well known is the Jungian theory with his dissimilar definitions of the same words, Id, Ego and Superego. Is that not a first cause for confusion? Second cause for confusion is Freud's ever increasingly exposure as a sexually dysfunctional individual, abusing his children and the family legacy continuing through the generations... Oops, there I go again.

Consider this, My Self and myself have different meanings. The first one has 'deeper' meaning than the more general and superficial term, 'myself'. My Self connects conscious mind with Spirit Mind. Both are constructs of SoulMind and they both exist in the relative world of dimensional Spacetime. Because they overly Soul Mind, there is a connection with that too, albeit totally unconscious.

Self is a real phenomenon, it exists purely in the mental realm, as apposed to 'myself' which refers to the mind/body duality. Identity is a construct of the conscious mind, imposed upon it for various external reasons. Identity has relatively little meaning when compared to the true nature of Self. The true nature of Self comes from the Monadic Soul that feeds the Life Force to each individual person. It is reflected as Character. Identity, on the other hand, is a superficial construct associated with Personality.

The word personality, is derived from the Greek word, persona, meaning 'Mask'. That should put personality into perspective for you. It is a relatively superficial concept that, when out of alignment and

balance with Self, leads to mental and physical ill health. Identity is purely physical, it is a physical construct that carries no weight in the realm of Mind.

Character, on the other hand, is how Self appears in the physical realm.

So, when I talk about myself, it will be the context of what I am saying that determines how much I am using the term in a general way with relatively superficial meaning. When I talk, I will add stress sounds and a gap to enable the listener to know that I am either talking about myself or my Self. Generally, we do not do this. As we have seen, self-awareness manifests in the outer layers/levels of Spirit Mind. Our self-awareness and the development of conscious self is culturally influenced and directed accordingly.

That means that there are relative variations regarding how we perceive and understand ourselves and our Self, determined by cultural indoctrinations, educational indoctrinations and self-imposed indoctrinations based on the individual's life experiences. We have an intuitional knowing of what Self actually is, it gets overlaid by these three indoctrinations. Maybe there are more, I am no expert in this field. What I do know is that, Comprehension underlies Understanding and that Understanding underlies Knowing. These three levels define the virtually immortal aspect of Mind, i.e. Soul Mind. SoulMind is an emanation of Soul, as explained by Leibnitz and repeated in my book The Evolution of Mind.

Know Thyself or should it truly be

Know Thy Self

Harry Weinberg, November 2023

ADDENDUM

I recently watched another video, regarding the heart not being regulator of blood flow and not being a pump as originally assumed.

The chamber of the heart that receives blood from the body, the left ventricle, when it is full, valves close and the flow of blood momentarily stops. Apparently, at this point there are at least 50 micro-vortices occurring within the movement of the blood inside the ventricle. Remember how the micro-vortex facilitates the flow of information through the DNA from Mind to Cell body, well, at this point in time, blood platelets that are getting old and inefficient at the job of oxygen and carbon dioxide transport, get 'tagged' with an 'address label'. The address is the 'spleen'. When these platelets pass through the spleen they are collected, broken down to their composite molecular structures which are then recycled.

Although mind blowing, on the one hand, it reminded me of something I read years earlier about Saliva in the mouth. If an organ of the body requires a particular mineral or compound, somehow it sends information to the salivary glands. The salivary glands then produce a priority 'tag' as you would get when you check in your luggage at an airport. This tag is also an 'address label'. The tagged, required mineral or compound is ignored by other organs of the body and it is retrieved only but by the specified organ that requires it. i.e. in this example, the spleen. That too was mind blowing.

Knowing the right thing to do is such a successful survival mechanism that we should all learn how to intuitively incorporate it into our conscious decision making as much as possible.