

## **Subconscious and Memory Aspects of our Being**

In the previous article in “Unifying Conversations,” in the G-d section of Outfar10.com, the partnership of The Aspects that make up Our Collective Self, Jonathan, were introduced. These Aspects are: Spirit also known as Intuition, Mind also known as Cognition/Thought, Emotion also known as the expression of Feelings, Trauma the embodiment of the causal pain and suffering as well as a lion of protection, and Body, the holder of Our Being.

These aspects of our Self are consciously working diligently to integrate into a “finely tuned” team. One of the pleasant outcomes of this development that is so exciting is that we seem to be integrating more fully with not only our Self Team, but in an increasing degree with our physical and social environment. This is occurring as the boundary that in our culture sets us apart, diminishes. Yes, our Culture, because the delusionary over-emphasis on Individuality undermines cohesion and in its place, fosters alienation and discoordination.

I find that my level of isolation is significantly decreasing as I accept with increasing confidence the ability of our Team to support our Welfare. This drive for re-union was fostered intuitively at the moment of The Birth Trauma Event, that due to its intensity blew all of our young team apart. Of course, because I was so young, eventually I lost the memory of The Trauma and as a consequence didn't even realize that there was more to me than I knew. Since in my recent years I have become conscious of all of this and the undermining influence of subsequent trauma events, and because somehow I remain open to unity, I worry a lot less about things taking place in a Good Way. This has allowed me to feel that I no longer have to carry the full burden of my life alone because it has evolved into our life. Because my Teammates and I are now conscious of each other, we have been increasingly able to Trust each other, and this is allowing each of us to release to The Team our rigid hold on our Individual Aspect of our Life Force. With this growth, our Team is able for the first time to function more fruitfully. “Ahh. This is what being a playing member of a great team is like. Wow!”

As the integration progresses successfully another member of our Team who has been operating in a hidden manner as a result of us having been shattered apart due to early life experiences of Trauma, now feeling that we are more safe, is “coming out of the closet.” At this point, as a result of this confluence of our Aspects and the resultant positive experiences and reflections, the remainder of this sharing will be presented in a conversation form with all of us participating. That being said, we would like to welcome into our midst, our sibling, Subconscious.”

Subconscious, “Hi guys.”

Mind, “Hi. I admire the courage that it is taking to come out like this. In doing so, it also provides us with a sense of progress in our drive to Unify. A number of years back as you are aware, being that we are all One, that I, the I before I was more fully integrated, was working as a Volunteer Coordinator for The County Department of Mental Health recruiting lay people to engage as Mentors with youth who were in therapy. Part of my responsibility was to train the Mentors for this relationship. In this effort I was struggling, and still am to a lesser degree, to introduce to people the means to consciously alter their neuronets so that the imposed cultural blocks can be weakened so

that more of their brain can be active. This was about the time that I was secure enough to open my self to receiving some help and that's when Intuition and I became partners.

In forming our partnership, Intuition impressed me with the insight that babies have a fully set of "programs," however each person's culture, by its very nature, even before birth, commences to decommission the parts of the brain that won't fit into that baby's acculturation. This decommissioning can also be influenced by the parent's relationship, their environment and their health. Intuition shared the example of language acquisition. Intuition related that the newborn brain has an exquisite language acquisition program that in most people is deactivated by the hormones released at the time of puberty. This locks in that person's childhood language(s) to the exclusion of all other languages and that from that point forward other languages can no longer be automatically downloaded just through constant exposure. Of course, there are some people whose language acquisition ability remains active for their whole life. Anyway, it seems that up to the time of puberty the brain can download any language that it is regularly exposed to without any effort such as is required in the grinding effort of study for the purpose of the memorization vocabulary and grammar that is required after puberty. For sure, young children don't have to study vocabulary and grammar to acquire, or to download their native language(s). This decommissioning of the language acquisition program along with many other innate programs is how the society influences the cultural development of the child.

Hearing this, I asked Intuition, now called Spirit, whether the deactivated programs of open acculturation can be reactivated after puberty through some means. To pursue this possibility Spirit suggested that I make the effort to consciously form a relationship with Subconscious. Isn't that right?"

Spirit, "It's been so cool that our relationship has developed sufficiently that we are able to freely communicate. Yes, connecting consciously with each of Our Aspects is so critical to understanding who we are and how We individually and cooperatively integrate within Our Group function. So having you, Mind, reaching out to Subconscious was the key in activating more of Our Brain and thus offering us the opportunity of bringing Subconscious into our Circle Consciously."

Subconscious, "Yes, that's correct. As Mind reached out to me, my function as to what I do has increasingly become more effective. In fact when Mind decided to give me a name, it allowed Mind to more easily grasp the elements of how I actually work. Yeah, I like having a name and the choice of George is working out very well."

Mind, "I did this in order to provide me with a way of Visualizing you in a more personal manner. Doing this, naming you George, helped me achieve the possibility of making contact."

George, "That was cool for that name allowed me to feel that we are really family and are connected."

Mind, "Yep. That naming somehow allowed me to hear you more clearly and to receive your input as to how you work and in what manner it is best for us to communicate. Trippy, huh?"

George, "You are one of the first Minds that have been open enough to receive instructions from Our Partner, Spirit as You call Intuition, and to have enough confidence to pursue the possibility of our forming a conscious relationship. If I remember correctly, you became open to the suggestion that your thoughts influence my ability to function."

Mind, "That's right."

George, "I started out by sharing with you that Negative Thoughts kind of shut me down, while Positive Thoughts initiate a neuro-excitement that allows me, in time, to develop the neuronets to reactivate programs that have either been shut down by negative input or to activate programs that because of cultural inhibitions, have not previously been active. Positive suggestion also at times directs me to write new programs to satisfy our further development."

Mind, "Right On. I remember you sharing that any thought that I have behaves as a directive to you to develop a means for that thought to occur. The interesting element is that by conceiving you as a "person" it was easier for me to acknowledge that it would take a certain amount of time for activating neurons, joining them together, and then teaching them how to work cooperatively into programs that expand our abilities. Why that was critical was that I need to stay positive and encouraging of your effort by directing good vibes to you while you worked at it. However, if I got impatient and sent a thought like, "This is taking so long. I guess that this isn't really going to happen," then you would have to interpret that as a directive to stop your work. This negative thought, which was really a statement of my lack of confidence and undermining doubt, would be self-defeating, as it would strip you of the energy to complete your work. So, with the ongoing support of Spirit I was able to mostly be aware of this and to keep my thoughts moving in a positive manner. In fact that was when I really got it about staying positive."

George, "You know that when you first began to make the effort to relate to me I didn't really have any reason to trust you; of course because of our Trauma. However, because You consistently have projected positive energy to me over the past years I eventually became more confident that I could trust you not to "Gum up the Works" with a counter suggestion, while I was working so hard to please you and to reactivate or develop our needed programs. You have no Idea how upsetting and discouraging it was in all the previous years when you would have this great thought, which I would jump on to, only to have "The Project" stopped just when I had it going, by one of Your Negative Thoughts. Darn, that was hard to deal with."

Spirit, "Exactly right. Now with our "Renaissance," it's a wonderful experience for all of us to finally be working in concert. Acquiring the ability to Listen to each other as to how each of us works, as well as to what support we need from the team is allowing us to remain focused on the importance of generating a continuous flow of buoyant feelings of excitement, which is so nurturing and nourishing to Our Growth as a Being of Consciousness."

Body, "Bravo to us. Still I just got the impression, George, that you have feelings as you said that the Negative Thoughts are really hard to deal with. I thought that you intimated that you just take directives from Mind. Actually it feels as though you can do much more in relating than just being told what or what not to do."

Emotions, "Yeah, Body is right. Just now you did express a feeling. Hey, doesn't that mean that we are connected as well?"

George, "Hmmm. Yes Emotion, it does. Being the Subconscious means that I normally reside within and beneath all of our Teammates, even you, Emotion. I mean, have you ever realized how I am Part of You before now?"

Emotion, Ah, no. Yeah, You have made a powerful statement."

Spirit, “Maybe We should take a look at this. George, please help us understand more fully what you mean.”

George, “Well, I don’t really know how to do this, because we just met consciously. However, let me suggest that Mind is not the only one who can give Me a Directive. Let’s take a look at pain for instance. Pain isn’t something we like to believe that we enjoy experiencing. However, from my unique subconscious position within our Collective Consciousness, I see it differently. Regardless of what we think or feel, I just look at the Outcome to determine what our real motivation is. From this way of experiencing us, I definitely feel that the drive to experience pain has been one of our main goals in life.”

Mind and Spirit together, “We what?”

Body and Emotions, “We can totally relate to this. Go on George.”

Trauma, “Now we’re really looking at It!”

George, “Here. This as an example of the drive for pain. Let’s look at our history of working out at the gym to gain strength and conditioning. We have to admit that we enjoy athletics. Going to the gym has been a big part of our life. This was all with good feelings and thoughts. However, because of our culturalization in our Fitness Society, We were open to the suggestion of “No Pain, No Gain.” So Mind pushed Body and well, in order to feel that we were making A Gain, I had to stimulate the nerves to send pseudo pain messages. Feeling that pain, Mind felt encouraged, you know, “Gaining from Pain,” and working out harder, increasing the weights and the repetitions. With this interaction in place, Body was being overworked and then real pain started to emanate from body parts that were overwhelmed with Mind’s demand for progress. So, because Mind ever more associated progress with pain, Mind was giving me the directive to increase the workout/pain dynamic so that Mind could feel that progress was being made regardless of the suffering of Body. Of course, and I’m sorry Body, eventually “The Progress” became so great that Body was not only overworked, but injured. And with repetitive episodes of pain the injuries became Chronic. With that, Body rightfully got so frightened of Mind that Body disconnected from Mind, and in the effort to save further injury, started to increasingly fail. This body failure was a result of Body sending me the directive to make Body dysfunction to the point of preventing Mind’s drive for Progress from being possible. No Trust. No Communication except through self-defeating behavior and lack of willingness to work cooperatively.”

Mind, Trauma Body, and Spirit, “Wow!”

George, “Yeah, Wow! Still pretty messed up. Let me give us another example. Spirit, remember reaching out to Mind with the Urge to grow, you know, Spiritually. Of course to grow Spiritually would mean for Mind to enter a more integrated relationship with you. With that Urge, came a directive for me to promote that possibility. However, given the damage that experiencing our Trauma did to us, Mind and Emotion were trapped in a prison of discouragement, demoralization, confusion, anxiety, fear, and so on. People in general became a threat to us because of our intense early childhood experience of physical and emotional abuse by our biological family. We weren’t safe and definitely couldn’t trust our parents and older brother and sister who perpetrated the abuse. These repeated cycle of Traumatic abuse rendered us chronically fearful of adults and older youth even though we at the same time were kind of dying of thirst for safe contact. The abuse drove us away and yet the unfulfilled drive for safety and nurturing

drove us back into their hands. It was a form of torture and this dichotomy brought us to the point of a kind of schizophrenic lifestyle leading to an ever increasing and complex dysfunction.

Spirit being desperate to reach Mind, for Emotions was spiraling into the darkest depths and the emotional pain was so intense that to stop it we were driven to a few attempts at suicide. Fortunately, Spirit was able to interfere sufficiently to prevent us from complete annihilation. We were trapped, with Spirit making every effort to reach Emotion, but it wasn't happening so Body sent me a directive to Save Us. It was then up to me to push Mind into a decision to throw the dice, either Life or Death. This would at least give us a 50:50 chance for survival. That was the point where We smoked marijuana for the first time, which not only metaphorically blew up Mind, it also spun us out into the Universe, into the hands of Spirit. That was about 50 years ago and well We have been putting our self back together, healing Our Way back to health ever since. Man, during these years we all were dancing into and out of each Other's arms. I love You, Connecting, then the deep paranoia emerging giving me the directive to run for the hills through all sorts of dysfunctional behavior and distorted perceptions, You know to give the reality of a break up. This was paralleled in Our Life with Loved Ones."

Emotions, "This is deep!"

Mind, "Of course this is deep. This is the Subconscious speaking, huh?"

Spirit, "I didn't really know this."

Mind, "Didn't know this. Is that possible? Aren't you the One with the Wisdom and Knowledge of how this all works?"

Spirit, "Yes in many ways. However, As We explored early on, I being a member of our Collective Being also experienced the same Trauma as everyone, and this experience caused serious dysfunction in me, which like in each of us, had inhibited the healthy growth of our Being. So, I too have to heal and I am healing along with All of Us, and as I do so, I too am becoming more of myself. Still it takes time and while there is a good amount of healing, there is more to be done. So, because of this, I wasn't conscious anymore than anyone else of us and so I too am learning from listening to each of us share about our self."

Body, "Well, We sure are experiencing the pain through my repeated breakdowns."

George, "We were all suffering, believe me. I really know, for that was what I was being directed to do, make us suffer so that We would get the message that something was really messed up."

Mind, "Well, We got it, didn't we. That's why we are now able to pull ourselves back together. Yep, we sure got it and we're making good progress now with You, Subconscious, guiding us toward Health."

George, "Yeah, it's great to be getting directives from Our Selves to pull it together. That's the work I really enjoy. You know, the better we do, the better it feels for me too."

Mind, "Do you have any more to share with us?"

George, "Yes. It helps to look at a few more examples of how deep I operated in creating Our Experiences. Here's a simple one. In the not to distant past Mind concluded that getting a traffic ticket about every 2½ years was just what was going on in life. And, looking back, that evaluation was correct. The time period related to the fact that you

couldn't go to Driver's School if you got a ticket before that time. So, about every 2½ years a cop stopped us and gave us a ticket. Now, because Mind seeing this as an acceptable trend, knowing that going to Driver's School was a way out of an Insurance Increase, the internal dialogue that Mind had about getting a ticket every 2½ years, inadvertently became a directive to me. I didn't really want to enact this Directive, however, at that time that was pretty much how I functioned. What I was about to do was communicated to Spirit through what ever innate channels that we all have whether we were conscious of them or not. So, Spirit began to direct visual warning prompts to Mind specifically those of increasing numbers of police sightings, you know police cars going the other way, or just in front of the car, or turning into the intersection, etc. Mind was aware of them because it was really increasing in frequency and Mind started to make the misinterpretation that it was about, well that it was getting time, you know, being that it was about 2½ years since the last ticket. Because Mind was so attached to this impression it reinforced the directive to me, so I brought it about.

We were driving on the 405 Frwy. going North toward home, when I sent a message to Mind that we needed to go to Sears at South Coast Plaza. Taking the exit and turning right onto Bristol we drove on toward the turnoff into South Coast Plaza where a Sear's is located. Ahead of us there was a Stop Light that was green however before getting even near it the light turned yellow. At the same moment that Mind saw the light turn yellow Mind also saw the traffic cameras. That's when I 'forced' body to accelerate even though there was no chance to make it through the light before it turned Red. While the car accelerated Mind was shouting to itself, 'Don't do it. There's no way we can make it.' Of course, the cameras went off. If it wasn't so sad it would have been really funny."

Mind, "All I could think of was I was being possessed. It was so ridiculous and as I approached the intersection with the cameras focusing on me then all I could do was wave as it flashed taking an excellent photo of a Kamikaze Driver blasting through a clearly red light, accelerating My Way back into Driver's School once again. It was totally dumbfounding and I knew that I had been possessed, but by what?"

George, "By me."

Mind, "It was after that event, and taking Driver's School again that I finally was able to receive the Insight from Spirit that getting a ticket every 2½ years was not by chance. The insight I gained related that because I believed this to be true, a form of Visualization, I was giving the Universe permission to provide me with that experience. I hadn't at that time connected that I was giving George the directive to nail me every 2½ years. But now in hearing this, it all makes sense. I guess that once I became determined to no longer provide the Universe with this message, it simultaneously gave you, George, the directive to stop bringing me to the irrational behavior and this allowed me to get beyond it. Is that about right?"

George, "Yep. You got it right now."

Emotion, "I'm getting very nervous about this. This can't be happening only to us. I mean take a look at all of the chaos in the world. What if everyone is knocking themselves off the rail into degrees of dysfunction and chaos all due to not knowing about how important keeping one's thoughts positive and on the straight and narrow."

Spirit, "That is dead center into one the Primary Causes of how Humanity has been cast into painful pathways. It's getting fairly clear that there is a strong connection

between all of our collective unconscious thoughts and us sending directives to our Subconscious to force us into episodes of unproductive patterns. Patterns that create the craziness within all of the world's cultures at times coalesces into a larger pattern like that which is engulfing the U.S.A. in the endlessness war making in the Middle East. I guess we are Victims of our selves. But I'm Spirit. How can this be? How come I too wasn't aware of this until recently? It's my job to bring Awareness and it's only a couple of years ago that this Awareness manifested in me."

Emotion, "Hey Spirit, 71 years seems like a long time, yet its not really, given all the Trauma that we and I guess all humans experience. Remember the events of Trauma and not being educated in healing and the knowledge of the subtle self-protecting mechanism that Trauma plays, also messes up our ability to be Aware. In the last year or two we've made a great deal of progress in coming into Awareness given Your dedication to us no matter how messed up we have been."

Mind, "What Emotion is saying is right on. Look, it's been what, about a year ago that we have really been able to focus consciously on Trauma and its affect on our ability to get a handle on what's really happening."

Trauma, "Yes, in the past, I was cast as the "demon" of our misfortune. However as You Guys investigated the depth of me and as a result of the deeper understanding of how we are All Connected, and with Spirit encouraging me to reveal the positive elements of my Being, things started to fall into place for us. Definitely, it's because of The Collective focus on Trauma, that I was finally feeling safe enough to come out of hiding and open up about My Nature and how I function to protect us even though it seems just the opposite. Yep, we're really moving forward and heck, what, it's only been a few months ago that I was able to reach out to the rest of us and bring my self into our circle. Now with you coming in also, George, we are becoming so much more complete. And Spirit, as you have been encouraging us to grasp, we are all connected, however because of the intensity of our Trauma Experiences, Our ability to hear you and Process what you were providing us was inhibited for all these years. Yet, because you are We, Your holding up the Light to the Truth of Our Collective Self, we have been able to come ever closer to the Core of Our Being. My ability to come into the Circle has diminished the hold of our early childhood disorientation due to the confluence of very sad and unfortunate family circumstances that we suffered. Being aware of each of our Natures has given each of us more confidence, that our Union is really happening and not only happening, We are Real."

Spirit, "Thanks Guys. I can't help but to feel bad that I couldn't have been more effective earlier, yet with your feedback, it's hurting a lot less. Thank All of Us. Sharing openly our Individual Burdens and Past feelings of inadequacy if not inferiority, fear of intimacy, and the anguish of resurfacing memories of our abuse has made it easier for each of us to reframe these feelings into a more manageable perspective releasing us of the discontinuity of Our Being."

Body, "Pretty far out, huh? As the carrier of the pain, the relief that I am increasingly feeling is, I must say, Incredible. Not Pain free but a whole lot less of it. I don't have to be so pre-emptive in knocking us unconscious to prevent our inadvertent yet very damaging drive to excel far past the point of a healthy point of balance."

Spirit, "OK. I can see all of this, yet I'm Spirit and see, I'm affected too, not entirely up and running to my full capacity. It's hard on me, but then I remember that as

we are all part of One Being, the incapacity caused by our dysfunctional upbringing derailed me also and disconnected me from the Core of Greater Universal Consciousness. I wonder why it is still so difficult to remember the context of our life and how it affects our ability to be conscious of all these factors.”

Memory, “Ahem. Excuse me. I hope I’m not too much of a surprise. Listening to all of you has shaken something hidden deep within me. It feels that I am part of our Collective Consciousness and while I operate within Mind, I too am a role player in our ability to be more perceptive.”

Mind, “Memory. Wow. I am so happy that you felt it is time to come up and out of what most people perceive as just an element of my Being.”

Memory, “Really, I’m more integrated with George, You know, in the Subconscious Realm and like all of us, I too have been powerfully affected by the painful and gut wrenching disturbances of how We were treated in our infancy and young formative years. George, I’m sorry to say, is often inhibited by my undisciplined storage of our Memories. It’s part of the damage to me. I mean all our memories are stored within me. However, where, when we were younger they were, well, a lot less memories to be stored and as we get progressively older, I must share that my storage capacity has gotten overwhelmed. It’s not like I don’t have a great deal of capacity for memories, it’s just like the rest of us, the psychic events that blasted us, seriously created a whirlwind of chaos in my operating capacity, jumbling up and disorganizing everything. I have done a great deal of work to reorganize them, however I’ve had to kind of summarize the events, something like creating an icon for a program or a command on the computer. The outcome is that our memories are generalizations of events rather than verbatim. So depending upon our emotional state, the presentation of the events to our conscious Mind, excuse me Mind, can be skewered to fit that emotional feeling. In other words, the memories are more of a specific perspective rather than a global overview. This of course reinforces the feelings that we were experiencing when the memory was called forth, and due to its intensity, it appears to us as The Whole Thing. But of course it’s not. Rather it is just an aspect, or one perspective of the event. It is so difficult to keep in our consciousness that the bits of the memory that comes up is not in context of events that preceded it. This absence is an essential requirement in our current effort to put events into perspective, which we anticipate would allow us to be more in balance.”

Mind, “That’s exactly right. And I want you to know this Memory, that we’ve been aware of this since I wrote our autobiography back in the 1980’s. It was where I was writing about falling into a rage when I caught Naomi mud sliding after the family had just recovered from five weeks of the flu, my being exhausted caring for everyone and not sleeping much. That’s when I realized that my mother, who was very abusive must have been suffering also from exhaustion and sharing that same feeling of exhaustion thereafter altered my perspective of the beatings she gave me. I could in fact empathize with her, raising five children on her own. That’s when my anger at her was reduced significantly by empathy, which then had the affect of diminishing the all consuming emotional hold those beating had over me. This gave me a new life, with emotional intensity greatly reduced, so that they barely interfered with my ability to process the experiences with her in a totally different and very healing manner. I believe that moment of awareness initiated an emotional growth spurt in me that has led to our current ability to converse consciously with each other.”



Emotions, “I concur. That was the starting point of my being “over worked and under paid” diminished, thus lessening my influence to cloud our perspective on the events within which we were engaging. Not immediately by any sense of the word, but progress nonetheless.”

Spirit, “I believe that it was some time after that, that Mind, you started writing every night before going to sleep. It was in those writings that I began to provide you with “instructions” on how things worked, including the need to develop our own font style thus opening our language to heighten our ability to communicate with each other.”

Mind, “Yeah, and the next day I would read what I wrote and it was blowing me away that I didn’t understand very much of what I had written. I think I remember, huh, Memory, that yes I wrote it, but if I wrote it how come I didn’t fully understand it. Then it came to me that this writing was like me taking notes as someone “lectured” on the subject. If I was taking notes then there has to be a Source. That’s when I identified the Source as Spirit or Intuition as I thought of Spirit at that time. So my writings became a class in Self Awareness and of course because of our Trauma I couldn’t really fully trust what I was receiving. That’s when I consciously decided to put these writings of instructions to the test by putting them into practice to check out how valid it all was. And, it was.”

Body, “You know Memory, I’m just wondering some about what you just shared about how your ability to function is influenced strongly by our emotional state. It’s clear that we have unconsciously, and too often negatively, been influencing each other’s capacity to perform well. What you were saying is important, one reason being, it then seems to me that memories aren’t all stored in you. Why? Because it feels as though certain memories are being stored in me somehow. In looking back at how I was overloaded by mind’s drive of increasing our physical fitness and eventually had to dysfunction in order to prevent any more damage, then it seems that my memory, and not Mind’s “memory” of these cycles of pain were critical. I guess that I’m saying that these types of memories might be called Body Memories. Because of them, I was able to intuitively, hmm, Spirit guided?, disconnect from Mind, and operate independently of the intention for ever-greater strength. No offense Mind.”

Mind, “None taken. It’s just amazing what we’re exploring.”

Memory, “You know, you must be right, Body. Wow, I wasn’t really aware that I’m more integrated in our Being than I previously understood. I must be part of each of us in some way. Of course, this makes sense given that we are supposed to be interconnected and I guess intraconnected as well.”

George, “This reminds me of what Spirit just shared about “feeling” really bad that the awareness keeps sporadically coming, rather than it just all somehow being seated within. So Emotion must also have a connection in Spirit and probably in all of us though of course Emotion is the Seat of Feelings.”

Spirit, “Great Insight George, which of course this then means The Subconscious, you George, also shares aspects of all of us, including me, thus your insight.”

Mind, “This is getting really exciting... which means that I too share with Emotion the feelings of Being. So each of us while being the seat of our own particular nature also shares with each other, all the Seats of Our Being. Hey, this is kind of a Spiritual Thought.”

Memory, “Yup. We’re really remembering, not just getting something new. It’s all within us. The Journey is just getting to the maturity to be able to accept that we are All One and Being All One. We are everywhere at once, Past, Present and Future. All coming together in Our Now.”

Spirit, “Hmm. Yes, this makes a great deal of sense. Even though we are apart, yet each of us is a part of each other, and together we make our Whole Being that is named Jonathan. To expand upon this Awareness, we as a Collective Being or Jonathan are apart from The Whole Soul of Existence, yet we are a part of The Whole Soul of Existence. With all the Other Collective human and non-human Beings, all together, we are the Collective that makes up The Whole Soul of Existence, what many people call G-D. The illusion of life that we have lived up to this time is that we Beings are only individuals and so we are experienced individually in our personal lives. This limits our Consciousness and regardless of which culture we are born into and thereby acculturated, we nonetheless co-exist in many other dimensions that we are ignorant of due to the way we are taught by our elders. Memory is right to remind us that The Whole Spiritual Trip is The Journey to This Realization. But it isn’t the end of The Journey as we were taught. For in arriving and passing through The Portal and into The Existence of Being within The One, We are discovering The Journey continues into pathways of Supreme Meaning and Purpose. We are discovering that we now Exist simultaneously on innumerable planes, none of which excludes any other, for by Merging We haven’t given up Free Will and Choice.”

Mind, “This is Amazing. Cosmically I can get a feeling of what we are sharing through Your Sharing, but intellectually I feel somewhat short of grasping The Existing within Multiple Dimensions simultaneously.”

Spirit, “Well, our own experience in becoming Conscious of each other and our interconnection is instructive in answering your quirey. We each still maintain our Unique Individuality, yet as teammates we have chosen to be part of Our Team. In this manner we are now existing in multiple dimensions. So, too, in entering our broadened State of Consciousness we have come to The Portal where we might choose to become part of a larger team that is named, The One.”

Emotion, “Yeah, as we now share in the awareness that Jonathan is a composite of each of us and while I am the focused persona of Feelings, We have discovered that each of us experiences feelings of emotions also.”

Body, “So, yes, it angered me to be hurt and worse, that my effort to communicate how unhappy I was to be repeatedly injured like in the situation when I was being pushed too far in the whole workout thing, was futile. So, I can definitely see how I’m connected and now with our newly developing ability to consciously communicate my feedback to The Collective is being heard and respected. Its very good stuff.”

George, “That goes for me also, now that I am not receiving constant contradictory directives. It eases my work and gives me a deep sense of satisfaction to be able to do my work properly.”

Trauma, “Knowing that we are learning how each of us functions and the benefit of learning and accepting the positive aspect of especially my participation, I feel a great sense of relief.”

Body, "As far as progressing further I have some reservations about this. It has the feeling of when there was this endless push for greater physical strength, which in the end overwhelmed us and sent us into years of cyclical pain, recovery, more pain, etc."

Memory, "Ah, Body, I'm really beginning to see how memory is not my exclusive domain. Yes, Body Memory. So what I'm hearing is that we have to be careful of Progressing too fast, too far, too soon...ahh, especially too far."

Body, "My feeling about jumping into The Union with the Great One Being, of which I recognize we are some part, needs careful consideration of a more mature viewpoint than we could possibly have at this point of our development."

Spirit, "Well said. Hmm. Body, can you say some more as to what specifically concerns you as to what exactly will be stressful?"

Body, "The first thing is, we haven't shared our Individual Input as to how such a progression will affect each of us. To me, it is very threatening as I'm not sure that I can maintain Body Consciousness in such an event. I mean, I'm not at all sure that we can remain in our body should there be any more than a brief Merging with The Consciousness of The One. To me the Encouragement to Merge further is possibly a death knell for at least My Part of Us."

Emotion, "Yeow! Give up Body? I can't say this feels right at all."

Trauma, "Yeah. Just the possibility of that is shaking my Trauma Thing like crazy."

Spirit, "YEeegads. I must have been tripping. Can't believe it. How's this happening?"

Mind, "I can totally relate. It's probably has something to do with us being human. I mean, Spirit, Spirituality is your Thing. The closer we get to the Universal One, the more enraptured you become. The more enraptured You become the more spaced out you get and this of course leads to unbridled enthusiasm and this opens the door for Tripping. I get that way when I get into explaining stuff. The more people listen to me the more energized I become and pretty soon I forget about the limitations of my audience and I start throwing thoughts at them that are mind blowing and this Trips me out further. Of course once I start to Trip, it's already too late to be conscious of the neuro limitations of the people, so of course they too are excited by my excitation. It's a neurological thing. I see it like this. While my circuits can carry 880 amps, their circuits are only wired for 120 or 220 and so it's the high before the overdose and the following crash. In these circumstances we all get there riding on my energy but afterwards there are just so many pieces to pick up and not all of the Kings men can put Us Back Together again. So, that's where the team comes in to do exactly what Body just did. Slow us down and keep conscious so that we can consider the outcome of what we are pushing. Make sense?"

Spirit, "Yep, it does. OK, let me just take a deep breath and get my part of our Self back on the track of our reality. We're just getting it together and we need to continue to strengthen our bonding and our boundaries. We may be operating at 880 amps but The One has got to be pushing out so much more than we can safely run through Our Nervous System. Got it."

Emotion, "This is feeling better."

Memory, "Got to be constantly remembering the need for Safety."

Body, "We don't need any further energy wipe outs. Short Circuiting is way too painful and damaging."

Subconscious, "I'm on the case. Slow down, anticipate outcomes, proper planning and subsequent evaluation before any further steps are taken, if any."

Trauma, "Good! Wow. Let me suggest that we take a break and get some rest."

All Together, "Agreed."