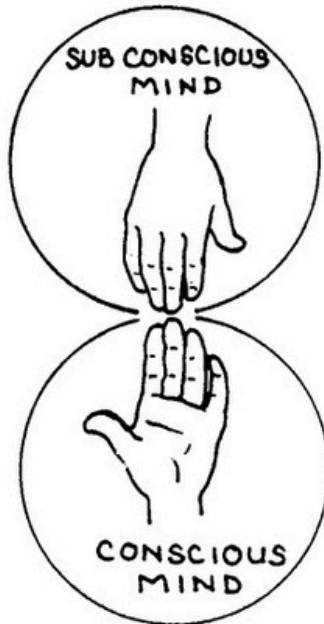




INTERACTION



PURPOSE

The body portrays the workings of the mind. The interaction of **your** conscious and subconscious mind requires a similar interaction between the corresponding **systems** of nerves. The Cerebral Spinal System is the organ of the **CONSCIOUS MIND**. The Sympathetic System is the organ of the **SUB-CONSCIOUS MIND**.

CEREBRAL SPINAL SYSTEM

The Cerebral Spinal System is the channel through which you receive conscious perception by means of the five physical senses, and exercise control over the movements of your body. This system has its nerves in the brain and is the channel of your volitional and conscious mental action. (volition means to act or power of making a choice, or decision)

The Cerebral Spinal System is the channel for the Conscious mind. It means that we make our decisions through this area, and we use our Will in this area. This is the area in which we have reason and logic and make choices.

SYMPATHETIC SYSTEM

The Sympathetic System has its center in a ganglionic mass at the back of the stomach, known as the solar plexus. It is the channel of that mental action which unconsciously supports the vital functions of the body. The Sympathetic System is of the Subconscious Mind and all its functions. The two systems may work separately or **together**.

CONSCIOUS THOUGHTS CONTROLLING SUBCONSCIOUS ACTIONS

The subconscious mind controls all functions of the body. For instance, while you are asleep or awake the heart continues to beat, lungs function, blood pressure and so forth. Often times your conscious mind interferes with the normal rhythm of the heart, lungs, functions of the stomach, and intestines by worry, anxiety, fear, and depression. These patterns of thought interfere with the harmonious functioning of the subconscious mind.

Our conscious thought, running through our minds, can interfere with our body and disrupt the harmony and the functioning of our subconscious mind, thus interfere with our body functions. For instance, it is well known that people who have ulcers worry a great deal. They are always anxious, upset, and worried. People who have arthritis have critical thoughts. The thoughts, according to their type, interfere with certain parts of the body.

AS ABOVE, SO BELOW

"As above, so below." As in Heaven, so in mind, as in the mind so in earth, our body, environment. Everything comes from above down!

We should realize that the inspiration of life is coming from the Godhead, coming down through the mind and being interpreted according to the patterns in the mind. It comes down CLEAR AND UNDISTORTED, and as WE INTERPRET it on different levels it becomes distorted a little more, according to our thoughts, according to the type of consciousness that we have. There are 7 different levels and it is brought down through each level. For instance, everything is inspired by God, even the bank robber who robs and kills. This doesn't sound right, does it? You see, the inspiration to have something better comes down constantly from the Godhead, and the bank robber who does this is interpreting it in his way. The reason that he robs is to have life and have it more abundantly. It's the distortion that is brought down. The distortion of the inspiration to live life and to know it FULLY.

IMPRESSING - EXPRESSING

What is impressed in the subconscious is expressed in your body and outer life. A part of the Lord's Prayer, "Thy Kingdom come, Thy Will be done, on earth as it is in Heaven." This is saying that the Will of God is perfect, clear, and undistorted in earth, or in our body and environment, as it is in Heaven, as it is from the originating CAUSE of the Godhead.

HOMEWORK

Daily: Read class notes
Read Suggestion of the week
Listen to class tape
Listen to personal tape

SUGGESTION FOR THE WEEK

I AM NOW READY AND WILLING TO FOLLOW THE EXAMPLE OF THE LAWS
OF THE UNIVERSE AND BRING ABOUT RIGHT THINKING IN MY MIND, SO
THAT I CAN CREATE THE CONDITIONS IN MY LIFE THAT I WANT.

I AM NOW TAKING CONSCIOUS CONTROL OF MY TOTAL BEING SO THAT
I CAN CONSCIOUSLY CHOOSE EACH THOUGHT, SO THAT IT WILL CONFORM
TO THE HIGHER LAWS OF GOD AND BRING ABOUT A HEAVEN IN MY WORLD.



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