

Super Conscious

Reflections on Faith

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Reflections on Faith

Super Conscious

The unconscious is a primal realm, and it bears a superstitious resemblance to what we are told early in life. The ability to describe the initial feeling of touching that consciousness is similar to that of a soul searching to assign characteristics to the unconscious. Yet our unconscious is not any more than the energy that lies behind the words we manifest for it. The emotions we present are mysterious. Feeling secure within our bodies is not anything we are taught, and this flexibility inside ourselves to understand pictures and feel comfortable within our memories is false security.

Primal energy provides feedback. If we choose to create language on the input, we risk creating a structure based on rules and code. The primal energy of the unconscious shows us answers to our imagination—it is based on our abilities not to absorb the feedback into our memories but instead to think abstractly to further put our efforts into accomplishing tasks. The primal energy then works on a binary system of thinking: motivation and acting upon suggestions. It is in this way that we must evaluate this initial power. So how do our ideas energize us? To put it simply, we must break the language of our own rule-making and break free to enjoy life.

The other factor in working out suggestions is that humans tend to personalize these images into memories. These ideas conform to our comfort, yet we must allow ourselves to listen and appreciate how to answer the feedback we receive. Here are the ways to stay motivated by and listen for answers from the primal unconscious. One of the common reasons solutions for new

ideas are repressed is that people are unmotivated and untrained. You can train your mind to stay motivated to understand the primal energy's logic by observing nature—processing the signs in life and the environment as early energy communication. However, these signs should not become superstition or false gods but rather be used as signals from the environment to create the layers of rules you live by. The abstract world is very different from everyday ritualism. As you learn to take your signals from the environment, you will begin to be motivated to hear and enjoy the conversation between you and the unconscious.

The other half of the binary system is to listen for answers. Asking for assistance to manifest solutions to problems is very personalized. We often ask for guidance only to see images that tell us exactly what we want to remember. This mental busywork on the suggestions we receive is in opposition to the primal unconscious. Let your imagination relax and find comfort in emotions that may be foreign to your body. Examine these emotions. Generally, it is less about you and more about being involved with the circles of life around you. Open your eyes—not to memory, but to the active communication expressed in the unconscious around you.

This listening and eye-awaking of the primal energy is only the foundation. We must observe life around us and listen to what vibrant symbols of emotions our observations express. Can you learn from others' lives? Are you in control of how you are willing to respond? Does the unconscious's imagination take over in providing more feedback when we allow it to manifest in these communications? I believe the answers to these questions are yes.

Thus far, we have learned to tune into the primal unconscious and listen or observe the world. By doing this, we turn from being caught in our self-centered ideas to regulating our fears and allowing the first unconscious the willingness to enter into these conversations and observations. As easy as it might seem, the people you encourage with the answers you receive from the primal unconscious will be drawn to you. Allow this. The nature of the first unconscious contains the beauty of resolving dilemmas. I believe that wondering about other people's needs may be likened to prayer. Understanding that you may see signs and symbolic abstract answers in greater complexity allows the unconscious to filter your prayers for others in nonhuman ways. Sometimes, imaginative dreams will provide immediate solutions to problems, but prayers are typically answered through an unexpected connection.

Finally, the person or life you want to work with through observation and communication must possess a general willingness to work with you. Understand the unconscious does not or will never ask you to force itself into your actions. You will likely feel the unconscious repress itself if you do this, to the extent it will almost disappear. This repression may result in difficulty remembering your actions.

The simple unconscious answers are between a dream stance of reality and the suggestions we remember to act upon through the realization we have when we listen. The unconscious is primal energy—it creates reality or at least a perception in existence for each person listening and praying with its presence. Take, for example, the analogy that we have been created through our parents' likeness. If we do not realize the sameness, we would never be different, instead choosing to live in the same genetic pat-

terns. This is like the language we learn as children and the memories endowed through our DNA genes. The picture of life struggling to take a different path only enhances the bind to make many similar patterns between each parent in their life. The person willing to remove patterns and forget why they are fighting these ideas may resolve the differences in their past opinions, including who they are in the grand scheme of life. Relaxing into this noble conversation can help you become a historical figure of adaption.

How do we determine the level of opposition we face when speaking with the primal unconscious? How much do we get in the way of knowing the unconscious in a personal relationship? It is like understanding yourself as a bully. If you force decisions onto the unconscious and your interactions with other people involve telling them your frustrations, you may also be a victim of habit. The result of awareness is that you can isolate your problems and strategize how to become someone better. In this regard, bullying others for fun or out of frustration is about desiring power. The power that seduces all is that of control, yet the patterns we choose to face are often familiar. We fight through fun and frustrations only to be in similar problems time and time again.

It is important to notice the state of victimhood we experience when we internalize power against ourselves. If you repeatedly ask the exterior world to stop hurting you or blame others for your frustrations, you will experience yourself as a victim time and time again. Internally you cannot get angry at others for how they feel about you unless you think there is malicious intent. Better yet, what if the harms someone intends for you were against the law? If not, your internalized upset may make you

fight even harder against being a victim. This pattern only brings out more problems—as people watch you, they may get frustrated with you and bully you repeatedly for fun or from frustration.

We see the motivation of control in external and internal implications. As noted earlier, we learn specific ways to handle these power and control situations from our parents and from our DNA. The idea that we can listen to and observe the primal unconscious as a method to resolve these emotional patterns that shackle us. Do not feel frustrated by power, and control your situation to communicate with and act to befriend your enemies. Your life becomes one that follows the golden rule. There is a lesson in life where the unconscious interrupts your patterns to leads you to a life of notability. Choose to befriend the masses that would cause ill will, and the power dynamics will be played out with your enemies in this life. You will face many adversaries, and through the unconscious help, this can be enjoyable. Your fearless attitude might surprise you, and people will be in awe of your wisdom.

You can learn how power and control can work for you instead of against you. The emphasis is on understanding others are helpless—they are mindlessly acting upon their patterns and go to great depths, using the resources they have, to show themselves they are correct. Learn from that helplessness by refusing to be a victim.

Do not hang out with enemies to please them, but show them that you appreciate their assistance in pointing out your faults. Even more, understand that they want to be in your company for a reason. They liked you for a reason and found that reason attractive enough to investigate. Find out where they are coming from. Ask them a few questions and lead with the results

if you can. This wisdom leadership is a blessing, and it shows you care enough to help them in their lives.

The anticipation that the bully will begin hurting you may be genuine, and their patterns may be confused to the point that they try harder than ever to bully you into *their* familiar routines. Remember, they are mindlessly following only what they know about you. This is where you can show bravery by living the golden rule. Tell the bully that you are happy to advance the conversation or say you appreciate their fun attitude, and then do not fight back. The bully wants you to fight with them, providing a defensive approach for them to attack you. Remember that fighting is being the victim unless you must defend yourself because of malicious intent. Instead, play along with what they bombard you with and befriend them by praying for them. Remember that there is a difference between a criminal and a bully—a bully can be led along into friendship. The ability to be brave in the face of fear is power. Living by the golden rule is a specific ability to understand the other person's habits.

How does the unconscious have an ability to interweave your moments of breaking old patterns with living a better life? In the same way you have repressed your youth and genetic patterns—the repressed patterns will seem like habits you used to play out *but will seem foreign*. You learn so much from the lives around you that playing a new person will eventually lead to different opportunities to strategize your life. The opportunities to break old patterns occur when you get along with yourself and other people. By living the golden rule, you will pray for others and learn to investigate unusual opportunities to solve radical problems. By never playing the controlling card, your life will be

adaptable. To solve problems in abstraction is a lesson in learning how to handle your life in balance.

I believe that seeking opportunities in life is the same as looking for signs in the environment. Solving complex interrelationship problems then is like prayer. Before becoming a great person by forming a direct relationship with the unconscious, you must work on various levels, and you will begin to become a great communicator and leader within your culture. This is where history may challenge and change you.

There are many names for the primal unconscious. Many involve a spirit of sorts. My understanding of the first unconscious is something much more observational. We cannot think at a level abstract enough to understand all the universes. We strain our brains to understand just what occurs around us. The unfiltered ideas that arise around us may view some unconscious suggestion entering our souls. It's a law of events that occurrences happen with or without us being where we are. The amount we process is a conscious effort. But what occurs in a different, more abstract thought process is unconscious. How that relates to the primal energy is something to be explored.

The consciousness is happening whether we want it to or not. We use patterns to put up barriers in our attitudes. These patterns are both helpful and unhelpful. We likely know how we deal with practices if we determine our ways as applicable. Often we talk to people about what we enjoy, but what if we do not want our lives to be as they are? Is this then unconscious? Do we eliminate from consciousness the things that bother us?

Simply put, there are many reasons to befriend your repressed consciousness. This is called your shadow. It often plays out in your life and hurts when you continue to fight with it.

It is like you are playing the victim of patterns to repress your conscious attitudes, and then the shadow bullies you to confront these ideas in very motivating ways.

But what of the abstraction that the primal unconscious suggests to you? The world is not hurting you, and the spirit that you have loves you. The idea is that when we move opposite to this condemnation of our conscious patterns, we get in our own way. It is then you are in opposition to the primal unconscious. The shadows and demons of your past are haunting you. The way to understand what blocks you is to live by the golden rule of life.

What bothers you most, or has an emotional quality that is very unpleasant, may be your shadow. The presence of what you don't like and your repressed conscience will draw out pain and agony. Often these are the emotions that cause you to neglect examining the suspicious patterns themselves. For instance, if you had a tough time with friends teasing you and began spending time alone, the shadow of being teased might stay with you. When you see this pattern play out in life with other people, it may personally offend you or strike a nerve even though you are removed from the actual teasing. The emotion of being offended and hurt is the same, but you are repressing or blocking the answer from the primal unconscious.

If you falsely agree with the behavior you dislike, you are detaching from the damaging patterns and feelings and keeping yourself from the possibility to awaken to your understanding of the primal unconscious. You must confront the bullies you feared in your youth and understand their side of the issue. You must look at the topic of the disagreement with a detached personal point of view to learn from it. This soul searching allows the primal unconscious the ability to suggest reason from what

has occurred. It does not mean that life is always fair, nor do I imply a karmic force at work. I am suggesting that being in reserve and appreciating the moments you may disdain for a genuine reason. Once you follow the primal unconscious through broken patterns, your mind, body, and soul can filter what was blocked in your understanding, and you will awaken from dormancy.

The greatest challenge to the unconscious is to have people reside in temporary silence. The unconscious may or may not be willing to solve problems and will work to solve more present issues instead. The thought of conscious will leading the unconscious is a popular idea. We get these roles mistaken all the time, and we should reverse this conscious and unconscious balance. The unconscious has the answers that work in the far background of your mind. It can provide creative and miraculous thoughts. There is little need to be as willful as we are in a world where creativity and miracles are needed. An example of will is treating a day as oriented by morning, afternoon, and evening, and while routine solves a few problems with decisions, it may take away time for the unconscious to help guide our lives.

For the person who allows the unconscious to guide their lives, the balance enjoyed includes more fantastic fun and provides more energy. Observe people as they go about their routines—routines which may help or hurt their balance—with how willful they are. Introspection is always acceptable, yet it's important to remember to serve others' needs in finding solutions to their problems. This then can be thought of as fun and play. Time does not determine a game, so relax and accept the innocence of enjoying the primal unconscious.

How do we know which force has become something of a foreigner to us? How does the unconscious allow thoughtful dialogue? This influence can be the same as hypnosis, but you're not totally under a trance. The unconscious is limited in its ability to be alert enough to see and understand foreign prayers—it is up to the person to understand that outside influences are part of life. The world reacts and flows together. No one is free of other people's power, and we must understand that we see the instances in our thoughts similarly to the way people close to us see them. Remember that we are no longer fighting the people around us, and we can still enjoy other people's behavior. We can also begin to think of who is praying for us. If that thought that may seem foreign to us is of another person's qualities, or the idea matches the other person's feelings, then enjoy the prayer or reflection. We must challenge the thought that we are alone and unconnected to the influence of the people around us.

Therefore, when you pray, understand that prayer has an effect, too. Do not feel that leading a prayerful conversation is complicated. If you appreciate a person, then listen for their voice. Listen to their emotional qualities. Listen for a moment in silence to lead them along. This has nothing to do with your wants. Prayer helps others solve problems. We do not put people down nor do we force our thoughts onto a person. Understand that the unconscious guides us, and feel free to let the unconscious into a prayer. It is only there to help.

The whole world is your audience. Our entire surroundings, networked through the unconscious, can still only understand prayer in limitation. That is how minimal our understanding of worship is. When we begin to observe the slightest movements and hear the tiny inflections in another person is when

we become aware of their emotional capacity. They will often say something contrary to their emotional state, and in this contradiction, use your intuition to understand their intent. Our unconscious provides us intuition when we maximize the knowledge we receive from it. Being flexible enough to see our reaction to the other person's emotions and words allows us to respond effectively. We should be careful not to disagree too abruptly—to begin to administer judgment is moving too quickly. Let us slowly gain insight into what our surroundings tell us. The assessment is already provided in a response that resonates with us in our emotional capacities.

Do you get upset quickly with yourself? If so, work to understand why through questioning the unconscious. Let its massive problem-solving capacities work for you. Then give your conscious mind time to become aware of the solution.

Do you understand how this mirror works? Do you see the resistance in front of you through someone's emotional capacity or body language? They give their thoughts, logically based on the conversation, and we give our answers to them. This helps them solve their problems and allows us to become aware, very slowly, of our own beliefs. To reject or accept the other person's logic without observing their emotional state forces us to agree or disagree consciously. Understand that the unconscious is more inclined to watch you as you follow others and pray for them. In time, you will see a mirror shatter, which is in recognition that you have processed your life's purpose. You will see that the person you were is something entirely different from the person you will become.

To this new self the unconscious mind will speak very rapidly. You will move through life with new knowledge. You have ac-

quired the flexibility to respond to situations based on suggestion, intuition, and the verbalization of the vibes you are aware of. It is much like seeing someone, a foreign influence, in prayer. Instead of in a prayer, you will become alive in the primal unconscious. The mirror of self-reflection and your ability to fall into narcissistic behavior will be obsolete. The way you perceive unconscious thoughts will be very small or subtle in movement. You will see how people ignore little imprecise gestures or inflections, but you won't miss noticing these tiny movements. All conscious people will begin to seem like oddities. Your observations alone of their actions will alert you to how they genuinely feel about a topic although they most always will consciously be talking within the current ideas of public thought—most people grapple with and reflect popular trends even when they resist certain logic in popular ideas or beliefs.

Witness the strong current that moves through the people around you. Sit and enjoy the slightest imperfection. The little details make you aware. You will see the mirror come crashing down when you reinvent the new you. Conscious attempts to crack this mirror will only make that maze more treacherous. Instead, pray. Pray always. Allow the currency to hold your actions when the unconscious suggests no movement. This is the art of being one with your surroundings. It flows through you like electricity. Never force this feeling and just let your awareness be small and slowly accept your intuition. Own the mirror.

I believe that there is a whole system corresponding to the unconscious. This conscious system is often divided from the unconscious, yet we are aware of the details and emotions in our lives to the extent that we feel the unconscious flow of life energy in each moment. The next step of understanding how to inte-

grate the unconscious into your life would be through relaxation of mind and body.

Do you often hold stress in your body? Do you feel like resisting ideas and still go through with those ideas anyway? How do the actions of others make you think about your own body? Body and mind awareness can help you become less stressed in life. Remember that the energy that flows through life goes into and out of your body also. Allow yourself to be in the moment. Allow yourself to feel accepted by yourself. Know you can withstand the forces acting with or against yourself by agreeing and disagreeing. You can love others.

This dwelling of thought is one of supreme intellect. Giving yourself the ability to slow down and see details is excellent. Slow down to understand the physical emotions that your body harbors. This self-awareness is entirely worthy. You need to allow the unconscious the time to provide feedback from the world you encounter. Things change, and you also will. You will excel in confidence because you will be in tune with your surroundings and your limitations. Investigate your purpose and relate the concepts to others through prayer or writing them out. These inspired ideas will take the conscious by surprise when it sees the opportunities in life to fulfill your dreams.

This is all about accepting that you are not consciously driving the behavior. Let the unconscious solve these ideas and let yourself dream of being in balance with your environment. This self-acceptance is a route to success and stress-free living. You will live out fantasies. Remember that something may be in the right place, but you might feel it is the wrong time, or vice versa. The conscious is the idea of time; the unconscious is the feeling of an appropriate place. It takes time to understand your place in

this world. You might live your dream, but only if you allow it to happen. It is a matter of confidence and comfort.

The people that communicate in prayer are, therefore, easily determined through listening. As they become more familiar, they may stand out in your thoughts and you may develop a curious affection for these people. The unconscious will recognize these people in your thoughts over a given amount of time. Therefore, prayer will become more comfortable as it will develop a specific space in your thoughts, and it may feel like these people have a position within your mind that is fixed. They may have different characteristics and a different feel compared to others, and the people around you will be a bit more transparent. You will be able to pick up on how they talk and understand their body language. As you focus on these people and their respective places, deep energy bonds will be more evident. Your relationship with the focused person will become something of a fusion between the interests of both people.

The conversation's resonance will then be between thoughts and prayers, and the bond will grow stronger. As you focus on their position in your thoughts, connect the prayers they provide back to yourself. Interestingly, this is a foundation skill in communication, and many people have not achieved it. Observation is crucial in estimating what our senses tell us, and this skill is fascinating to have.

As we come to expect suggestions and answers, we also find the timing of events to become a bit less coincidental. As the events occur, we are in an unconscious attitude where we almost realize what can happen. Serendipity is real, but it is something we understand by training the mind and unconscious. When we have these moments, we should just allow ourselves to be

amazed. The wonder of events is then what I call epiphanies. Epiphanies are the wisdom of the unconscious. Relating to the unconscious through grateful answers is something beyond living a purpose, and you are becoming whole again. As these things manifest, the wonderment graces our lives slowly as we begin to realize that time is cyclical and not a schedule. Living within cyclical time means some ideas have precedence over others, and they often return throughout the days. Many different ideas return to us throughout the day, and some return in various levels of priority. I believe we can try to understand these ideas with the same amazement as the moments of serendipity.

How do some people have answers before a subject comes up? Have you ever unconsciously prepared an idea only to realize that an exact moment happens to allow for your response? This is much more than hinting at a topic with others. These are your cyclical moments being trained to elevate your primal unconscious into a superconscious. Allow yourself space in your mind and allow others their places or positions. In this case, you will reflect less on the idea that life is magical, and you will probably see it as a training lesson. Here the unconscious will continue to provide ideas and then present them to you in the world.

Whereas we had previously thought of ourselves as a single person, and as time is broken into cyclical sweeps, we recognize that what we had thought of as individual emotions may be inherent in others and vice versa. This leaves room to understand the non-intentional effects of being in a prayer circle—each group has people who allow others to believe. This belief is an understanding of an unlimited consciousness or superconscious. We then begin to understand together psychic phenomena such as imagery or dreams. The unconscious is something interacting

with us in the prayer circle, and it has energy that is unlimited. The more we pray together, the more meaningful our lives are, and the more each person will feel inclined with external unconscious behaviors.

Is it mystical? Perhaps not. The idea that we create something more than what is given is false, so we can explore the shared energy. Through the unconscious, we believe in helping others. This charge from the prayer circle is an interaction with an unlimited resource because more people can always be part of the ring. Unfortunately, it seems that each member individually interprets each sensation—some will have clairvoyant ideas whereas others will feel at peace. Understanding a peaceful feeling is coming in line with nirvana, and clairvoyant thoughts feel extra perceptual. In any regard to which can be understood adequately, it is probably less about an individual and more accepting that you are in a large prayer circle. The person with the ability to code and decode such prayers holds a gifted talent, and they often meet other spiritual masters along the way to guide their travels.

Sometimes we find we have emotional blocks. What does it mean to have emotional blocks, and what does that matter in the unconscious? Do we ever receive permission to believe in ourselves to get past emotional blocks? It is typically thought that we use our own will to get past specific ideas that hold us back. We use our will to overcome the problems we encounter and survive for another day, hoping to have learned from the experience. Yet the unconscious does not often provide these opportunities, and the unconscious is not forceful.

The idea that we grow in strength from understanding that time is cyclical is very intriguing. How do we realize our patterns,

and how do we resolve patterns? We cannot take the world by storm just to demonstrate our willingness to be superior. It is easier to reduce the desire to change and understand our perception of opportunities created by our unconscious.

You observe the world, and you see the needs of others. This opportunity is an exciting part of the process. You will see in time which opportunities you shy away from and which you embrace. The unconscious could suggest how to help make an opportunity into a reality.

You are blocking your emotional responses if you understand this topic. Emotions are helpful to feel confident and regulate our bodies, but they can stand in the way of opening to opportunity—an emotional reaction may block an opportunity to live a healthier life. We realize through memories and DNA how to act in the present, how to emotionally react to a situation, but it is helpful to let our feelings soften. As we reduce the judgment of others, we will ease our emotional reactions often time.

One example is when we experience fear. We can move one step at a time to be less fearful. The fear we experience is most likely from the past, and the unconscious pulls on that memory and is trying to maintain healthy relationships in life by avoiding the situation. Therefore, if the unconscious senses fear as a problem, it may suggest overcoming the situation.

This is not a quick process—take everything at a pace you can handle. The amount you can soften the emotion is about the time it takes to overcome fears. This, then, is the key. If you are afraid of some problem, then take minor steps toward overcoming that fear. In time you will learn to adjust your emotions unconsciously to prepare for the issues that arise. Techniques to visualize the results can help your willingness to understand an

outcome. Just learn to be observant and allow for play to occur. It sounds backward to let problems into your life, but it is through your ability to experience and interact positively with these problems that you can have a healthy life.

The superconscious is an idea that goes well beyond a prayer circle and is tied to the concept of identity. Even when everyone is well and good, you will increase the joy in the surroundings. In the case of causality, the effect does not occur unless you allow the mood to regroup without interjecting your personality. Societal groups are helpful if a person can demonstrate actual natural characteristics of the superconscious yet bring the energy of others ahead as well. The superconscious in a group, then, is the ability to feel how others respond to one another. Your personality is not there to control but help. The ability to acknowledge fault correlates with the ability to forgive, and accepting the faults of others is something that prayer shows about loving others. These solutions are not something people necessarily need but want to listen to.

The most significant part of leading with a superconscious personality is that you will be significantly accepted as a team member and seen as superior through the love you show. This love is evident through the help you provide and aiding others to understand their situation more clearly. To prepare for interacting with people and relationships, you must care for them. The knowledge of the superconscious is necessary to grow stronger in relationships. The ultimate way to share your ideas from prayer is to discuss others' strengths and sometimes their weaknesses. This allows personalities to develop and goals to be set together.

The unconscious is overabundant, and new ideas are put forth that are neither great nor horrible—a person needs to re-

main in balance with their conscience. This adaptation from being made aware of consciousness is one instinct to resolve past mistakes and break patterns to avoid these mistakes going forward. It is in the rebuilding of self-aware patterns that we choose to identify in our friends and families. Thus, if one should behave in a strange new way, prepare to be a stranger. The identity you will morph into is unfamiliar to others because they struggle in their old patterns. If you just allow the remodeling to continue, you should create friendships from a new perspective. Do not hold back—those prayerful relationships will grow in familiarity. The people you trust who give you the feedback you need to grow as a healthy individual are necessary, so ask for their time.

This is about realizing who provides valuable feedback; therefore, you must consciously recognize whom to befriend. It is easy to fall back into old patterns with older friends, and it is the same way that all people fight to stay unconscious in deep sleep and natural patterns. Avoiding this must be recognized consciously. You are becoming aware of the natural inclination of being a new person —you must help yourself in this life as well. So take time now to examine two roads—one filled with more familiar people or the other where you find yourself getting along with new friends and opportunities.

In the heart, there remains a balance. This is hard to acknowledge, but we have specific unconscious energy in the heart that drives us. It is not typically shared, and it is often felt in the emotions we experience such as pain, happiness, and anxiety. Thus, the heart supplies the intelligence that we desire in many moments. It's challenging, but the idea that I'd like to share is that many relationships can provide a beneficial effect on the unconscious. As earlier said, prayer circles help influence an un-

conscious to become superconscious. You allow many people into your heart in prayerful experiences with these friends, and this balance in the heart shifts its center. The mind decides the minute details of our lives, yet the heart changes a person's overall direction. Your minute superconscious decisions will reflect their goodwill also. A single person does what is best for themselves, yet the prayerful person, with many loving relationships, can guarantee they will do what is best for their friends and family.

Many relationships can affect our superconscious. It's not always easy expressing to a family or friend with whom you feel a strong relationship what prayer looks like through the heart and that sincere prayer changes the heart. The feeling that you are guarded with them probably fits with past pain. Let love cure that pain. The heart is sincere, and it will address future possibilities with those friends. Tough decisions that are big decisions must be made with a heartfelt conversation. Leave the details for later, and express the anxieties, the hidden passion, the new qualities in confidence with those you trust. Admit to yourself that prayer can change people and that you will find a home in your heart for your fondest friends. The discussions with these friends can take many shapes. Depending on how your home feels and is regarded, heaven can be a place where people freely come in, and through the heart you must restore your balance with the right superconscious attitude.

People do not believe everything they hear as honesty, and they may listen to threats or other negative emotions when the truth is present in a heartfelt conversation. Of course, genuine conversations are exceptionally delicate, and one must always pray for the other person in a sincere discussion. The challenging

idea that each person will enjoy feedback or possible solutions to problems for a life-changing moment is almost impossible to predict, so why have the conversation?

I believe that each person may end up enjoying these ideas in a difficult-to-understand way. Having a heartfelt conversation may help them realize a trait that makes their own life difficult, and they may realize that the person who is making their life difficult is not you or someone else, but possibly themselves. Feedback may be crucial, and remember that these hard-to-hear ideas are never about the person's intellect or attributes but that certain habits or traits maybe impede their progress to happiness. The growth then is to reduce the self-sabotage that presents itself as suffering. Do not be a victim. Do not create two sides to a whole conversation. Pray together and know that each will be willing to inspect their part in the relationship.

The unconscious tends to help maneuver the conversation in a positive direction, so if there is any solution, the unconscious helps the process of growth along. Take your time and continue to work on the relationship. This is not always easy work, and it is difficult to know when to be completely honest with the other person. It is not a pattern of helping someone discover what is right for you—it is the knowledge that suffering helps us understand prayers to be realized. What does the other person want, and how do you acknowledge their suffering?

The surroundings play an integral part in your unconscious attitude toward yourself. Realize that many limiting beliefs surround you. Those limiting beliefs are training you to what you can achieve. However, you can tell yourself self-truths while the surrounding people are teaching you to have limiting beliefs. This contradiction in relationships is difficult to navigate. You

must either agree or disagree with those limiting beliefs, and how you respond to them trains your conscious attitude.

But could you also train others to match your self-told truths? What if you told other people that you understand their concerns yet see how they want you to succeed? You might take the unconscious approach and allow yourself the attempt to say to others, from their position, just how you'd like them to think of you. This then helps the discontinuity of your self-told truths and the alignment of the surrounding people's limiting beliefs for you. If anything is possible, tell others how they have the ability to open their mind to change's real possibilities. Challenge those people to see your viewpoint. You have the right to live your life without accepting failure.

In addition to beginning to train others to your self-told truths, you can begin to develop a rationale of compassion. Empathy for others should have become a strength with the amount of prayer already invested in your approach and perspective. We honor people who live out their word and respect those who are honest. Thus, we must allow flexibility for the understanding of why limitations exist. Learn from the inside. What are your impressions of the genuine people who have had hard times or good times in life? What lessons did they learn? The superficial conversations may deepen into an understanding of the path to living an extraordinary life.

Your surroundings reflect your new level of existence, and its excellence gives you the courage to care for yourself even when in the company of those who don't acknowledge it. This leads not just to your own opinions of yourself; you show the unconscious to new levels around you. The gift that you bring is a shared empathy for others, yet you move in a way to acknowledge their love

in life. Your opinion of what is loved may become a movement for the unconscious to grapple with.

Spur on the love that the masses have and find yourself at the heart of what desire means. This is to build a life in the world in which greatness is accepted. Know you are worthy of this love. Realize you are a beacon of light in the nighttime. The worth of your efforts to observe, pray, make friends, and support the love around you is the foundation of your life. I promise you will get the purpose. This is the purpose—you humble yourself to support others and they will accept you. Their graces will have an effect. The conscious must be provided for, but always give the unconscious its belief.

The examination was to sacrifice your time, and effort is key to supporting others. The necessity that comes from answering to your faith is calling. Many will require your time, love, and support, and you can harvest a relationship this way. Yet we stretch only so far, and the group might need more than we can offer. How do we acknowledge our limits to others?

This then is hard to imagine. Saying no to people we love is not unloving them, and it is still supportive. Yet that support must include how to train others to be self-sufficient. The ways to do this are many. We offer individual personal attention, or we can write out our rules. We can create a class, or we can demonstrate the skill set in other ways. It is not too much to help others along if you need to take some time for yourself. The buffer in this help and personal time is physical space. Know you are allowed to give yourself personal time. This seems counterintuitive, but the love you share must be harvested and reflected. The person most needing time could be you, or it might be the other person, or it could be the relationship itself. Reflect on ways to

relax, and at the same time you are reflecting, enjoy your life. The main point is to provide support *now*. People are willing to share their love with you, and this also opens those other needs, patterns, and requirements that are needed from you. And be careful not to extend too far too soon.

I want you to know that at the end of life, we continue to live. Our souls do not disappear, and we strive to live in a way that makes suffering less pronounced. This is for the glory of the afterlife. When I allow myself time to reflect, I choose to reflect upon the mass of angels in the afterlife. I decide to settle in and offer to my time to this. I believe this is within the scope of meditation.

The conscious, unconscious, and superconscious are not as important as these ways to pray. The best prayer is for love from God to survive. His is the greatest love for all and anyone. So, I say this: If you need time alone and want to feel rejuvenated, speak to God. Speak for strength. Speak about your troubles. Hold nothing back. Let his power guide you to an answer. Let the whole resources of heaven provide you grace. Let everyone know what is essential to you. In heaven, the solutions are not so improvised. I believe in heaven we love and receive love. Thus it is harder to falsify feelings or emotions as something we can hide from ourselves.

Many answers go back to heavenly help. The hand of God is partially invisible and what is seen is the rippling nature of his love for you. We don't see the mercy given, but we feel a happy and tranquil heart. What I'm describing in this chapter is, in many ways, of a progressive nature. What I'm providing is a look at the mindful ability to use meditation for the good of everyone

living around you. You may notice that love has given you more to discuss with those same people.

God will have you in his hands. The purpose of love is to create heaven on Earth. If you find your life becoming more serene or extra perceptual, give this mercy to others. Let God work in your heart. The wings that he provides are fantastic. Earn those wings today, tomorrow, and maybe for the future. We all benefit from each day you provide his love in your relationships. Your friends and family will become endearing to God as well, and thus you will genuinely work his words into your life.

Also by Todd M. Anderson

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