**ACCESSING POWER OF YOUR HIGHER MIND, by Joyce C. Gerrish, M.A.**

 The human consciousness is more powerful than most people understand. Few people really take time to train their mind. The mind isn’t just the brain as a physical organ inside your head. Certainly, your brain is an important part of your mind. It is the physical aspect of your mind. But your mind also is your consciousness which is the energy of your thoughts. Some people have deep expansive thoughts, and some people may not think much beyond their next meal or what they plan to wear for the day.

 In order to develop one’s mind, a good practice is to choose a topic at the beginning of each day and think about that topic off and on during the day. An example of a topic might be “what are solutions for the homeless people?” or something related to your work or a hobby. Depending on your job or life responsibilities you may be able to find moments to jot down some of your insights. If you spend time with a friend during the day in person or over the phone, you might ask your friend’s opinion on the topic. This might lead to some valuable insights and deepen your friendship as long as you don’t take a rigid attitude on the topic and feel that other people must agree with you.

 Our thoughts are energy. They can be stored in our body or in our aura energy field somewhat like information or documents can be stored in computer files. This is not more mysterious than using a computer is mysterious. We use many capabilities that we cannot explain nor probably fully understand. We just accept that it is so, and our experience may validate it.

 A thought that we think periodically or often may be stored in our aura as a thoughtform. That is an actual energy packet. Related frequent thoughts can join together as an energy cluster. A single one-time thought might not really leave a trace. People who tend to focus on specific types of thoughts a great deal for their work or for their personal life may develop a dense area of thought form energy that can be readily sensed and felt by an energy healer. Some people’s habitual thoughts can become such strong energy thought forms that many people in general can unconsciously sense that energy and react to it without knowing why. This is one reason that a person may feel comfortable with one individual and uncomfortable with another individual without knowing why.

 Thought forms can build up in such a dense manner in a person’s aura that he or she is not able to really have an original thought outside of that repetitive array. This can be very limiting to that person’s power of understanding of what is evolving in the world around him or her. It can also make conversation with that person rather boring for someone who is not caught up in the same thought forms. In such a situation, real ideas can’t be explored together for mutual understanding and growth. Ideally conversation can be more than repeating well-worn ideas with slight variations.

 There is a vast array of possibilities to be explored and understood in all aspects of human endeavor. There are unlimited amounts of important information and inventions and concepts ready to be seeded into human comprehension to ameliorate life on earth for humanity. Some of these are fairly simple once they are understood by someone who has the basic understanding of the principles in that field of knowledge that will allow that person to grasp what is being conveyed and put it into practice. Humanity is not really alone on planet earth. There are Divine being seeking to help humanity, and there is the Cosmic Mind that holds all the information ever thought by human minds. Much of that information may not have yet been utilized in physical reality. There is also important information that hasn’t so far been accessed at all by humanity.

 This is all quite exciting for those who are open to listen and apply new concepts. Humanity doesn’t have to suffer as much as it has been. It is important that people be open to new possibilities, while at the same time carefully evaluating everything in the Light of their own wisdom and common sense. There needs to be a balance when opening to new ideas of also at the same time evaluating and testing them within one’s own experience.

 In order to become aware of valuable new concepts and innovations, it is crucial to raise one’s consciousness above the mass mind which is the mindset of the masses of humanity. If one is trapped within one’s own old thought forms or within the lower mass mind, it is practically impossible to access higher intuition and these valuable insights. This is where higher meditation comes in. Higher meditation can help one clear one’s aura of old heavy thoughtforms and access higher levels of one’s consciousness. This is greatly needed at this time for as many people who will step into it. It is helpful if this is pursued with experienced meditation teachers who can watch that old negative thoughtforms are cleared away to prepare for higher consciousness bringing in progressively more powerful energies. As we grow in increased clarity and power of mind, we need to be sure that we use it for the highest good of all people.

**Bio**: Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom or in-person. Reiki Master, Master’s Degree in Human Development. She’s a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Extensive training & decades of experience as a practitioner & teacher of numerous natural healing modalities including Reiki, Spiritual Healing, Chakra Healing. Reflexology. She offers Past lives readings and Akashic Readings. She’s author of book “Secrets of Wisdom - Awaken to the Miracle of You.” Louisville Office. 812-566-1799. [www.joycegerrish.com](http://www.joycegerrish.com)