

The Unity of mind

The Unity of mind is the complete acceptance that we are the syncretic virtues and in so being, all of our fundamental principles within this state, govern our life. This is the process that systematically elevates our mind, our spirit, and our consciousness beyond the normal range of human experiences. It is the harmonious working together of the separate conscious, sub-conscious, and super conscious minds that is necessary to the bringing forth all cosmic and universal potentials of spirituality.

It is through this new self-Awareness or the increased perception that we not only know but reach full understanding and hence Universal Consciousness of the unity of heart, mind, and soul. This is the intentional evolving and developing all of the components of one's self in order to better the whole and it is by this very nature of one's consciousness that our views of the surrounding world synchronize to the One Intelligence. This pillar of teaching is essential to the spiritual balance in one's life. It is through this balance that one is able to reach one's full potential and live as a spiritual being. This nature of consciousness has the power to reveal the peace and happiness that truly lies at the heart of spirituality and the sum total of unified heart and mind.

In essence, by unifying your body, mind, and spirit, your energies direct your attention outward so that you can experience life as a unified field of boundless, free flowing energy and knowledge.

Balancing Your Body, Mind, and Spirit

1. Describe the way you make decisions
2. How is your life organized
3. Do you analyze or philosophize?
4. What do you avoid and why?
5. What inspires you?
6. Do you require more form or more content?

Merging Mind and Body

To unify the three aspects of your consciousness, you must first merge your mind and body. If you bring your point of awareness inside your physical body and give total attention to your body's reality, the mind and body will become integrated and you won't be able to distinguish them. When mind and body become one, you'll experience a surprising and magical result: spirit, the third aspect of self, instantly reveals itself as having been present all along, throughout mind and throughout every atom and cell of matter. So when you merge mind and body, spirit floods through both.

One of the simplest methods for attaining body-mind-spirit unification is the Kensharim meditation. In step one, you bring your wandering attention inside your body and place it in its natural "home," the geometric center of your brain. This brings your conscious mind into your body. In the second step, you drop your awareness farther down into your body and establish a conscious link with the Universal Source, integrating the basic life force energy that funds your physical existence. In the third step, you activate your heart, which is the true seat of Universal awareness. As you expand into the energy matrices with this awareness, you'll perceive everything from that cosmic frequency of awareness.