

# **UNITY CONSCIOUSNESS**



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It was originally written in the Dutch language in 2013. I have reworked it completely in 2022 as my perspective of things has drastically changed.

I hope you will find things in it that resonate with you.

This e-book is not meant to replace advice or treatment from psychologists, psychiatrists or any other medical profession or institute.

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# Preface

This is an e-book that you have to study to get the most benefit from. I know many people don't study information in order to really understand it.

We have become very much information hungry. We seek information that gives us an adrenaline rush. Information hunger is actually an addiction. When you study this e-book, you will learn things about addictions that you might not have realized before.

So, when you want to read this e-book to satisfy your information hunger the chances that you will put it to use are next to nonexistent. Also, you will get bored reading it pretty fast. In this case I think it is better to not read it at all.

It is written for those that want to raise their vibration to become more conscious. This is not for everyone. You must be brave and willing to be vulnerable.

We live in extremely trying times. Raising our vibration while we are bombarded with bad news can be very hard on us, but if we succeed, we will benefit greatly on the long run.

It is for those sturdy souls that I wrote it.

If you truthfully apply this information to your life, you might never be the same again.

I refer to the awareness scale many times in this e-book. It would be best to use the hyperlinks to access my website. Then you can download this scale and put it aside from the text so you can see at a glance what I am writing about.

You can also copy it from this e-book as it is on the next page.

## The Awareness Scale

Total Knowing  
Knowing

- + Being Fully Aware -
  - + Being Yourself \*
- + Extra Sensory Perception -
  - + Intuition \*
  - + Purpose -
  - + Competence \*
  - + Belief -
  - + Ideas \*
- + Understanding -
  - + Exchange \*
- + No Understanding -
  - + Confusion \*
  - o Assumption -
  - o Unreality \*
  - o Fixed Reality -
    - Helplessness \*
    - Irrationality -
    - Total Failure \*
- Unable to Assume Identity -
  - Unaware \*

Not Knowing

The plus levels contribute towards constructive creation.

The minus levels contribute toward destructive creation.

The zero levels can contribute towards both constructive and destructive creation depending upon the influence from the plus and minus levels of others.

The stars and dashes on the right side of the awareness level indicate whether it is a stable or an unstable level of awareness. A star indicates instability, and a dash indicates stability.

In my [awareness scale](#), there is no higher state of awareness than what I, in this e-book, call unity consciousness. When I developed my own awareness scale, I gave the highest state of awareness a different name. I called it "Being Fully Aware". But it means the same as unity consciousness, which will become apparent when you read on.

This highest level of awareness is hard to wrap your head around. How can you feel one with a world full of evil, division, separation and disconnection?

There is evil, division, and separation, but there is no such thing as disconnection. Everything forms one grand total where all in it is connected. We can only distance ourselves from things or people we find undesirable, but we cannot really disconnect from them.

When we are fully aware, we experience life as if we are life. We can still feel separation when we are fully aware, but we don't feel disconnected from anything or anyone.

The essence of life is vibration. This is the rock bottom basic of all that is. It permeates all things and is omnipresent. All forms are essentially vibration. We don't know how vibration came into being. We know there must be a source for it, but that is all we know.

Here are a few philosophical hypotheses that might shed some more light on all this.

You don't need a full understanding of these hypotheses. You don't have to agree with them either. They are just assumptions that might be useful for contemplation. I put them in the beginning of this e-book to support the rest of it.

- Disconnection is an illusion that gives the impression of distance.
- Unity gives us the impression of no distance.

- The impression of distance experienced in communication or action gives rise to the phenomena of reach and withdraw.
- Reach and withdraw are the basic elements that constitute motion.
- Vibration is motion, motion is energy and energy is vibration.
- The highest form of awareness (consciousness) is the feeling of being one with everything you become aware of.
- The lowest form of awareness is the feeling of being disconnected from everything you are aware of.
- Unity consciousness is a feeling of love for all that is.
- Below the awareness level of Being Fully Aware (unity consciousness) we can feel separation, distance, and disconnection.
- Exchange in communication or action is in essence a striving for balancing imbalances.
- The balancing of imbalances is determined by the ego.
- The ego feels in balance when it can Be, Do and Have all it desires.
- The ego feels out of balance when it cannot Be, Do and Have all it desires.
- The ego exists within our personal mind.
- The ego is the sum of all thought patterns and behavior patterns that concern who we think we are.

Reading these hypotheses more than once and thinking about them might deepen our understanding of them. You really do need to contemplate them and use discernment as even a deeper understanding could still be wrong.

The anatomy of life:

**Be - Do - Have**

Everything starts with Being. In order to do something, we must Be something and in order to Have something we must Do something.

All original Doing starts with thinking. Thoughts form mental patterns that make Doing easier.

Thought patterns can become action patterns. A thought pattern is a fixed way of thinking, and an action pattern is a fixed way of Doing.

Fixed thought patterns or action patterns can become addictions when too much of our attention is directed towards Having.

It is for this reason that the three elements of life need to be in some kind of balance. If they are too much out of balance our lives become a struggle. Addiction has at its root cause in the imbalance of the three elements of life.

It is all a matter of directing our intention. Intention is a subtle energy flow that is given direction through attention. When attention becomes too fixed on one of the three elements of life (Be, Do or Have) we can quite easily develop addictions in that area.

An addiction is a behavior pattern that we lost control over. Our attention is stuck on it, and it is as if we are utterly unable to stop this behavior.

We can of course direct our attention on other things. This works best when we become active. When we Do things, we can put our attention on what we are Doing, but as soon as we stop what we are Doing that requires attention, our attention might very easily move toward our addiction(s) again.

We don't need to think consciously about our addiction for the thought or behavior pattern to become again active.

It will pop back into our awareness without fail. This is because mental or physical feelings of lack will turn it on automatically.

Thought and behavior patterns can be constructive, obstructive, or destructive. Thought patterns don't always precede behavior patterns. On lower levels of awareness, people are often inclined to copy behavior patterns from others and especially from people they consider successful. No thinking or thought patterns are necessarily involved.

Thought patterns form through belief. A belief could be seen as a fixation of thought. Beliefs are the backbone of discussions. If we cannot believe in what we want to Be, Do or Have, we cannot make rational discussions, and when we cannot make rational discussions, due to no fixation of thought, our original intention will lose all its power.

In order to break a habit or addiction we need to isolate and rectify the thought patterns that keep our habit or addiction in place.

Fixation of thought can occlude the connection with who we really are. Remember, thought patterns are what the ego is made of. This is not the case with who we really are. So long as we feel no connection with our true self, we think we are our ego. And because we think we are our ego, we are our ego.

I have stated in many of my writings that I believe consciousness to consist of 3 component parts:

**Intention - Attention - Emotion**

I didn't come to this conclusion without real deep thinking. It occurred to me when I wrote my first e-book named:

"Awareness the Road to Knowing". It took me more than 10 years of thinking and writing before I was satisfied with it. I finished it in 2011. The awareness scale is a part of this e-book and the entire e-book is about this scale. There is an expanded version of it that you can find [here](#).

It contains more than 100 levels of awareness.

Almost all my later writings, including this one, lean on my discoveries written in this e-book. Since I have evolved, my perspective on certain things I wrote in this e-book has changed. If you would want to read it, take that into consideration and use discernment. I still think there are a lot of gems in it that could be beneficial to the majority of people.

However, when defining consciousness, it undeniably has these three elements in it, for without them, consciousness will not exist. You cannot be conscious without intention, attention, and emotion. They are the trinity of consciousness. Be, Do an Have I like to consider as the products of consciousness.

Being can be associated with intention, whereas Doing can be attributed to attention, and Having has everything to do with emotion and feeling.

The biggest obstacle for human evolution is the ego, the mentally created ego. As stated before, the ego is a belief construct. It is a mental construct of beliefs that has become fixed, not to be altered. The ego is who we think we are.

Through our belief we have become the personality we now are. The more we believe about ourselves, the more complex our personality will become.

Most people are a combination of their body and soul, but we can also be only a body. However, we cannot be only a soul as long as we live in a physical body.

When the ego is Doing and Having with no regard for the soul, our soul is not involved in the process of living. The ego then has taken over from the soul and functions entirely on its own.

When we want to improve ourselves, we first must get a thorough grip on the automatic patterns that run our lives. When we look at these carefully, we can isolate six different types of patterns.

I did put them into a scale, where the items on the top of the scale, to some degree, indicate how the lower patterns can come about.

The sequence on this scale also indicates the degree of fixation, the lowest item being most fixed and the highest item being least fixed.

## **The Scale of Subconscious Patterns**

1. Thought Patterns
2. Belief Patterns
3. Action Patterns
4. Behavior Patterns
5. Addiction Patterns
6. Physical Patterns

To some degree all these patterns can assist us, but they can also work against us. I will briefly discuss these patterns as they are of considerable importance for an understanding of how they influence our lives.

### **Thought Patterns**

Many people have little to no control over their thinking. Only when they focus on something their thinking will assist them. In any other circumstance thought patterns are sort of rampant. They turn on and off or change into other thought patterns all without any ability of the individual to control them. It is all automatic thinking.

I just want to direct your attention towards the fact that this is what the subconscious mind produces in most people.

Why this happens has to do with the three elements of consciousness that I stated earlier in this text. The third element, emotion, is mainly responsible for the creation of the first five patterns. The sixth pattern is what keeps our body functioning.

Emotion is the glue that fixes original thought into thought patterns. Therefore, people who have strong emotions have a very busy mind and really need to focus to get some decent thinking going. But when they do focus their automatic thinking subsides.

This brings us to the other side of the coin. The opposite of the above scale is original, controlled, analytical or logical thinking. You as a soul are thinking without interference of thought patterns or any other influences. You do use information to think with, but it is not controlling you in any way. Big difference!

## **Belief Patterns**

Belief is a crucial level of awareness. Take a look at [the scale](#) to see where it is situated if you like.

The stronger the emotions we generate when we start to belief in something, the more the belief pattern that is formed will be fixed. Fixation of thought is needed for our intention to become a reality. We need a belief pattern that is set in stone; not to be altered ~~at~~ under any circumstances, as it might jeopardize the entire project that brings our intention to fruition.

Although belief patterns are of great benefit to get what we want in this world, they can be equally detrimental.

When we generate our belief systems, while being on the lower levels of the awareness scale, changing our belief systems becomes very hard. Soulless beings will never give up on what they belief in, if they install their belief systems with strong enough emotions and believe me, they do.

Soulless beings don't rise above the level of "Extra Sensory Perception" (see the [awareness chart](#)), as they cannot be themselves. Since they have no soul, they have no self. All their character traits are from others. They are just a composite of traits from other beings.

They can only be stopped with force. And they should be stopped when their belief is harmful to others or the environment, so they cannot execute what they believe in.

However, if we give them again free rein, they will most probably start all over again. This is because they really believe in what they intent to do. They cannot think otherwise, as their intention is fixed in their belief system. It is hard for social people to understand how anti-social people think and act. Therefore, they tend to let it all happen.

This is the reason for all the misery that is so rampant in this world.

### Action Patterns

This can best be associated with the awareness level of Competence. Take a look at the awareness chart [here](#) to see how it fits into the scale.

Action patterns are just what it states. They help us to do things without having to think about them. First, they are learning patterns, and as soon as they are installed in the subconscious, they are used to do all the things we need or want to do without attention having to be involved. All skills learned can only work through action patterns.

## **Behavior Patterns**

Behavior patterns are action patterns that make up our personality. Personality is the complex of all the attributes such as: behavior, temperament, emotion, and mentality that characterize a unique individual. It is what the ego is made of.

Education, heredity, belief, astrology, mind control, and experience are what forms the ego in our minds. They are the cause of all installed behavior patterns that form our ego.

## **Addiction Patterns**

Addiction patterns are behavior patterns that can be extremely hard to change or to get rid of. It is just more fixed than normal behavior patterns that can more easily be changed.

Addictions are caused by an imbalance between Be, Do and Have. When we focus too much on one of these three elements our behavior within that element might become an addiction.

It doesn't have to become an addiction, but it will when the ego has distanced itself too much from the soul.

Soulless beings are addicted to all the three elements of life. Narcissists, sociopaths, and psychopaths are addicted to everything they want to Be, Do or Have. For these people remedies have no effect. Without their addictions they cannot live.

## **Physical Patterns**

On the physical patterns we have little to no influence. All the functions in the body are on automatic and must remain that way. Heartbeat, respiration, blood circulation and a million of others make the physical experience possible.

I don't know whether all these physical patterns are all in the subconscious, but it isn't of much importance, as this e-book is not about physical patterns.

What is of importance is the ego and how it can alienate itself from the soul. The ego can make it hard for us to experience life in a natural way. The ego cannot easily be in the present moment as it wants to put most of its attention on past and future.

The present can only be experienced fully when we are fully conscious. On the highest level of awareness, the ego doesn't interfere with the soul. When we are fully conscious, and thus in unity with our surroundings, there can be no competition, struggle or conflict affecting us.

Our personal mind could, to some degree, be compared with a computer. Some call it a bio computer. The mental programs that determine our character and behavior also determine our emotions and feelings.

We can only be our true self when we feel one with all that is. This doesn't mean that we agree with all that is. It means that we are not influenced by it. In the world we live in this is an utopian concept. Still, it is of some importance to know the ideal way of living.

When we are not ourselves, we have taken on identities from others. These identities we then use to masquerade our true self. In this world we all do this to a certain degree.

Also, the ego mainly consists of identities from others.

Babies are closest to being their true self but will soon learn how to take on other identities.

It is well known that children up to age of seven lack the ability to evaluate information.

This means that all information and experiences are installed in their subconscious mind. When they grow into adulthood, they start to believe through experience that all these installments must be true. When one of such instalments is, "You are a complete failure," the person will usually, when experiencing a failure, just accept this datum as a true statement.

The phrase: "You are a complete failure" could have been installed by the child's father who got it installed by his father and so on. This is how entire identities can be transitioned from person to person.

By taken on identities from others, we distance ourselves from others. This is because other identities that have been loaded into our ego will inflate our ego.

This causes us to have less empathy. It makes it more difficult to have compassion for those we distance ourselves from. When this happens, our ego will grow and overrule our soul more and more.

The more we separate ourselves from others, the more the ego will gain strength. We will then tend to compensate this feeling of separation by an even more severe expressing of our ego. This feeling of separation will also induce a hunger for attention. More on this later in the text.

This vicious circle can only be broken through rising on the awareness scale to a more desirable level. The ego proliferates best on the awareness level "Fixed Reality". Look at the scale to see where it fits in.

When our reality of certain things has become fixed, we cannot easily change our perspective of it. This level of awareness is not to be confused with the much higher level "Belief". On that level we can still change our belief when we have come to a different understanding.

This is not the case with the level of Fixed Reality. We will tend to hold on to "Fixed Reality" with all our might. When you look at the levels in between "Belief" and "Fixed Reality," you will come to some understand of why this is.

All these awareness levels are fully explained in the e-book "[Awareness, the Road to Knowing](#)".

Addictions are connected with the awareness level of "Fixed Reality", although there is usually also a physical inclination at play. If you want to raise on the awareness scale, addictions can hold you back.

Mental programming is what installs all our mental patterns, such as the character or behavior patterns that make up our ego. Mental programming is thus responsible for all addictions that influence our life.

Not all addictions are counterproductive or destructive. Some can even assist us. There are people who are addicted to organizing their environment in a perfect way. They cannot live in chaos. They have to organize, and it might suit them well, but it is still an addiction that makes it hard for them to cope with chaos.

Addictions can be seen as a negative influence when they are counterproductive or destructive for ourselves and/or others. All addictions need to be dealt with if we want to enable ourselves to remain on the level of "Being Fully Aware" (Unity Consciousness) for longer periods of time.

Unity consciousness will not bring you happiness nor unhappiness, as these emotions are too much connected with winning and losing. It is the ego that wants to be happy and detests to be unhappy. In "Unity Consciousness" we can experience a feeling of peace that we all deep inside are longing for.

An addiction usually starts with an idea. Ideas when given enough thought can turn into a belief. When we strengthen this belief, it becomes a belief pattern within the subconscious mind. Through this belief pattern action patterns can ensue. These action patterns can be strengthened through all kinds of convictions and turn into compulsions. At this point we descended from the awareness level of "Ideas" to the awareness level of "Fixed Reality" or below. See the [awareness scale](#).

All the levels below "Fixed Reality" are also fixed, meaning they are very hard to change. The lower we descend, the more fixed a thought pattern becomes, until it becomes an obsession. An obsession happens on the awareness level of "Irrationality" below "Helplessness".

Some scientists seem to think that thought patterns and action patterns are the programs that make up our biocomputer (the brain). I tend to think differently. I believe all 5 patterns are part of the subconscious mind. Whether the subconscious mind is located within the brain or connected to the brain I don't know.

The opposite of a thought pattern or action pattern is freedom of choice. On the awareness level of "Unity Consciousness," even freedom of choice plays little or no part in it. We fully accept life as it unfolds. Hard to fathom when we look at it from the perspective of the ego.

All compulsions or obsessions are installed and become fixed through emotion. It is the type of emotion and the severeness of the emotion that determines the effect it has on us. Emotions can be considered negative or positive, but they are always based on fear.

We want to be happy for fear of being unhappy. We become mad out of fear to be humiliated. We sympathize out of fear to be rejected. We are friendly out of fear that we don't get what we want.

Peacefulness or the feeling of true love, I don't consider emotions. Emotions are responses to a given situation, whereas peace or true love is not. The latter can only be experienced at the level of "Unity Consciousness". Excluding fear, all emotions are an attempt to camouflage fear. Fear is the root emotion that generates the entire spectrum of emotions.

When you are glad because you are experiencing unconditional love, this emotion is not generated by fear.

All emotions on a high enough frequency that we consider as positive are not based on fear. Emotions not based on fear only happen on the awareness levels "Being Yourself" and "Being fully Aware".

I don't consider these emotions, as they are not responsive. They are not reactions to a stimulus. They just happen because we transcended to a level of awareness above reactivity.

The higher we operate on the awareness scale, the less we are dominated by fear. The lower we are on the awareness scale, the more we are under the control of winning and losing.

Only when we are truly ourselves can we transcend fear. All fear is associated with winning and losing. We want to win because we are afraid to lose.

Can we participate in the game of life without fear? Let's take a tennis match as an example. Hypothetically, the participant that is without fear of losing cannot lose the match as his/her intention is pure and for that reason counter intentions cannot influence the outcome. But what if both participants have a pure intention to win and, as we know, only one can win?

The fact that we want to win implies that we don't want to lose and for this reason our intention cannot be pure as a pure intention has no opposite.

In football matches where the playing time is finished, and the score is equal, they still want to have a winner and then resort to penalties.

This is just a different game were the chance to lose is increased dramatically. Still, intention plays a major part in which team is going to win. They are all competent players, so competence cannot be the determining factor. Fear of losing is what will cause the loss of the game.

We probably can participate in life without fear but only when we are winning. As soon as we become afraid to lose, fear is back to hunt us.

Intention is senior to thought. Thoughts always adjust themselves to the intention that brings them about. When we intend a negative outcome, our thoughts will be negative to assist what we intend. Thought doesn't influence intention; intention influences thought.

Our intention can only be pure at the two highest levels of awareness, where fear doesn't exist. We humans cannot sustain these levels for very long, if we can at all, as it is fear that reigns in this world.

It is not only the fear of losing that can have an iron grip on us, but also the subconscious thought patterns; and especially the belief patterns that can put oil on the fire of fear.

If you want to consciously experience the power of the subconscious mind, you could try the following:

Look at your computer and intent with all your might that it will disappear. As soon as you put out this intention, or a similar intention on an object that you consider valuable and don't want to lose, feel your instant response to this intention.

It is sometimes hard to catch this response, as it is so instant that you might miss it. But it is there, and it has power over you.

Try it with an object that you don't care to lose. What happens? I think the response will pretty much be the same. How come?

Your subconscious mind will not allow things to disappear into thin air. It is against our belief systems. In our degraded condition we are utterly unable to intend without hinderance from the subconscious.

We can only intend purely and successfully when the subconscious is not stimulated into action. It is the belief systems within the subconscious that hold us in check. However, when we rise on the awareness scale to the two highest levels, things can happen with no interference from the subconscious mind.

Compulsive thinking or acting can occur in the following ways:

Compulsive being

Compulsive not being

Compulsive wanting to be

Compulsive not wanting to be

Compulsive doing

Compulsive not doing

Compulsive wanting to do

Compulsive not wanting to do

Compulsive having

Compulsive not having

Compulsive wanting to have

Compulsive not wanting to have

This is how complicated we humans have become. All these different compulsions are basically inclinations to attract attention from others.

The desire for attention can be very strong. We see it best pronounced in children. Many scream from the top of their lungs for attention.

Children need to learn at a young age to contribute to the family they are raised in. When this doesn't happen, the child will never learn that it is their contribution that is of value and not their personality.

When these children didn't learn this invaluable lesson, they will still crave for attention, very often for the rest of their lives.

People can do really crazy things to attract attention from others. This can take on such complex forms that even psychologists or psychiatrists can make head nor tail of it.

Compulsive not wanting to Be, Do or Have can be instigated by its opposite, compulsive Being, Doing or Having.

Let me give an example of this to clarify what I mean:

Alex is afraid he will get lung cancer if he keeps smoking his cigarettes. He doesn't want to become sick or die from lung cancer.

Alex has compulsive thoughts about not wanting to become ill every time he smokes a cigarette. He finds himself utterly unable to stop his smoking habit. His smoking habit has become a compulsive doing.

When Alex is accompanied by his friends, and he doesn't smoke, he becomes very uneasy and doesn't know how to behave.

His smoking habit determines to some extent his personality (ego). This results in a compulsive way of being.

From this example we can see that tension can build between compulsive Being, Doing and Having and compulsive not wanting to Be, Do and Have. This tension translates into fear. There is a hidden intention behind all compulsive thinking and acting and that is to strengthen the ego in an attempt to conquer fear.

Can we overcome our ego?

It might be of some benefit to learn more about the different levels of awareness and how they differ from each other. The free e-book [Awareness the Road to Knowing](#) gives a very thorough explanation to how we increase or decrease our awareness in all aspects of our lives. It will show you a new slant on human behavior and how you can become more cause over your own wellbeing.

By overcoming the ego, I don't mean that we must get rid of it. Living as humans, we cannot get rid of it, and humans have an ego, i.e., a personality that we use, so we can be a part of this world.

If we manage to be on the level of Unity Consciousness, we will still not lose our ego. We cannot lose it as without it we cannot exist as individuals.

When we allow our ego to be taken over by other identities, we have what is called an inflated ego. We are not ourselves. The identities we have taken on replace our own identity. We are becoming someone else, usually a combination of other identities.

"Being Yourself" is a very high level of awareness that not many humans attain. Almost all humans have at least to some extent an inflated ego. The more our ego is inflated, the more difficult it becomes for us to recognize it. We can usually see it rather clearly in others but not in ourselves.

The true self, without identities from others, is self-conscious. The inflated ego thinks it is self-conscious, but it is not. The self is buried under the identities that were taken on from others. The inflated ego thinks mistakenly that these identities are his true self. In this state, we more easily lose control over our life.

"Unity Consciousness" can be experienced but is constantly interfered with by compulsive thinking patterns. But even when our thoughts are coming to a halt, it doesn't mean we operate on the level of "Unity Consciousness".

To be in control over our thoughts means that we can think about things we want to think about. It also means that we can stop thinking when we don't want to think. Moreover, thoughts from others cannot interfere with our thoughts unless we want them to interfere.

This all is a prerequisite for remaining in a state of "Unity Consciousness" for longer periods of time. However, there is another prerequisite, and that is the absence of emotion.

As long as the fear-based emotions are affecting us, we cannot maintain the state of "Unity Consciousness". Even when there are no thoughts, this doesn't necessarily mean there are no emotions at play.

"Unity Consciousness" is not easily understood. We know it has to do with love, but love as such can be quite confusing to many people.

We experience love as a form of attraction. We feel attracted to something or someone and we call that love. This feeling of attraction is experienced both physically and mentally.

Mental attraction happens through agreement. Physical attraction happens through chemical processes in the body.

The feeling of love below the level of "Unity Consciousness" is a combination of both physical and mental attraction.

Love below "Unity Consciousness" is a fear-based emotion. The opposite of attraction is rejection. When we experience attraction, we always to some degree fear rejection. This happens in all three elements of life (Be, Do and Have).

We could now raise the question: 'Is there also spiritual love, and if so, what is it?"

The problem with words like spirit and soul is that dictionary definitions don't clearly differentiate between these two words. These words are used as if they can be interchanged. They are often seen as synonymous. They are not.

This is my view on it. Spirit is the source of existence, and as such, beyond existence, whereas the soul is an energy manifestation that is given life by spirit (source). The life force from spirit makes it possible for the soul to manifest life experiences.

On the awareness level of "Unity Consciousness" there is no attraction or rejection because you feel you are what you perceive. You cannot attract or reject what you honestly feel you are. To clarify: it is not that you are what you perceive, it is that you feel you are what you perceive. There seems to be no distance between you and your perceptions.

This is hard to fathom. Only experiencing it can make it real. Maybe you, the reader, has experienced it, if even for a few seconds. You feel good. There is no emotion interfering with the feelings of peace and tranquility that you experience. You are not striving to win or trying to prevent losing.

These periods are rare in people's life's, especially now in the current situation we find ourselves in.

What can we do to raise ourselves on the awareness scale? How can we raise our vibration? How can we be less influenced by what is happening around us?

There are many ways to work on ourselves to create a more peaceful life. Don't strive for perfection, as the world we live in will never be perfect. It wasn't designed that way. Nevertheless, working on ourselves to keep the influence of the subconscious mind at an acceptable level can give us great benefits.

I worked out some directions that might be of some benefit when you want to improve on your life experiences:

### **Direction No. 1**

Start to think more in positive generalities instead of negative specifics. This is because negative specific thoughts tend to conflict more easily with positive specific thoughts.

Let's say you are unhappy because you seem unable to find a partner that you can share your life with. You might think you will never find a partner in your life. With this second thought you create a tension field. This tension field consist of the wish to be happy with someone and the thought that you will never be able to find someone.

This tension field can increase tremendously when loaded with emotion. When it has become part of the subconscious it could even culminate into a depression.

Depending on how severe the emotions have become, it is relatively easy to reduce the tension field when you understand the underlying mechanisms.

When you change the negative specific thought to a positive general thought, the buildup tension can be released to a remarkable degree.

Let's see how this would play out in the above example. What if you would think that you want to live in peace with someone if he/she would come into your life.

Such a thought could take the tension out of these conflicting thoughts. When you entertain this thought with enough positive emotion it could replace the thought that conflicts with your original thought. You now don't want to be happy anymore with someone you don't have.

At a first glance we might think that it won't work to change our mind just like that. And I agree; it can be hard for us when emotions have become somewhat overwhelming.

As written earlier in this text, thoughts can become fixed when they become beliefs. A belief can become a thought pattern within the subconscious mind.

When we descend on the awareness scale, beliefs become compulsive thoughts, and eventually obsessive thoughts we have lost all control over.

When the latter is the case, it seems next to impossible to change our minds about such thoughts. However, this is not the case. No matter how stuck we are in a certain mindset, we can still change it.

An obsessive thought pattern or action pattern was in the beginning just a thought that could be changed easily. There is always emotion involved when we think a thought, but the original emotion doesn't have the strength to make the thought become fixed. This can only happen when belief gets involved.

Thoughts become ideas and ideas can become beliefs, and beliefs can become compulsive thoughts and can eventually become obsessive thoughts.

You want something. Then, when you generate ideas on what you want, you might start to believe in it. When you start to believe in it, you can act on it. You might have to gain competence to execute it. So, you invest in it with your time and actions. It is at this point a tension field can erect itself. Will you succeed or will it become a fiasco? Will you win or will you lose?

When it looks like it will fail, your tension field might change in wanting to succeed against not wanting to lose or wanting to succeed against having doubts whether you will succeed.

We can complicate things even further with thoughts like "I think I can Do it but what if I cannot"? or "I think I can Do it but ....."  
and in the blank space we fill in all conditions we can think of that we feel have to be present before we can start.

Now, this could actually be a good thing but not when we use this as an excuse for not acting on what we intend. We can find all kind of reasons why we can't Be, Do or Have something.

There are many ways to counter our own intentions. People can become really smart at this. They can develop a real talent in creating mental obstacles that prevent their goals to come to fruition.

Many of us fight a constant battle in our mind, and as long as this battle is ongoing, there can be no peace of mind.

There is a relatively simple solution to this. We need to learn to look at fixed thinking patterns from a different perspective. This can be done by listing on a piece of paper what we want.

Make a list of what you want to be, do and have of all things you feel emotionally charged on. To change your perspective, begin with the first item on your list and give up on your wish.

Whatever you wanted, let it go, even if it is just for a moment. Distance yourself from your intention. If you find this hard to do, proceed to next step. If you do succeed in distancing yourself, take the next step as well. The next step is to make your wish less specific but keep it positive.

Let me give an example to show you how this could work out.

John lost his job, and after some time it becomes harder for him to pay the bills. He feels devastated. All his attention is focused on his problem. It keeps running in his head. It becomes difficult for him to think of anything else. The tension field becomes even worse as he finds comminatory letters in his mailbox.

It seems a vicious circle

John tries to find a job, but whatever he does, nothing seems to work. It seems utterly impossible to enjoy life with these kinds of problems.

Now let's apply the solution presented above and see what happens.

First John needs to give up on finding a new job for now. This shouldn't be too difficult as it isn't working anyway. Now John needs to change his perspective on the problem that he is facing. He can do this by generalizing his thinking into a more positive situation.

He is still alive. There are people who have problems a lot more serious than the problem he is facing. He is healthy and can work.

Because he starts thinking about his problem in a more general way, his tension field might diminish even ever so slightly.

The tension field consist of two opposite intentions:

- I must find work
- I cannot find work

His problem cannot be solved if John keeps feeding these opposite intentions with emotion.

John must distance himself from his problem; otherwise he will not be able to become aware of solutions. Even when others would suggest solutions, he will not be able to accept them.

We are often inclined to think that our problems cannot be solved, and because of this we don't see a way out. We will then direct our attention on all the things that can go wrong. Our attention becomes fixed on what goes wrong, and we cannot look at possible solutions anymore.

Each negative thought creates a tension field with its positive counterpart. I want a job (positive thought). I cannot find a job (negative thought).

Between positive and negative we have neutral. To get out of the tension field we must become more neutral. Here are some neutral thoughts that might help John:

"I like to find a different job so I might be able to use my competence even better".

"A new job might give me new possibilities".

"I would really like it if I would have a daytime job"

These are positive general statements that will not easily conflict with specific negative ones.

When John can be more neutral about his problem, he will free up his freedom of choice. He can now look at different possibilities like getting a loan to start his own business or getting a debt repayment program together with a welfare payment.

In Unity Consciousness, the feeling of not being able to Be, Do and Have simply don't exist. Working oneself towards a higher level of awareness can be most rewarding. The closer we get to the top, the more calmer, cooler and more collected we will become.

With this first direction we might be able to make some progress toward Unity Consciousness.

## **Direction No 2**

Decide what you want and leave it at that. Don't give it a second thought. You do have to know in detail what you want to Be, Do or Have. You also need to be passionate about it. This will make it stick.

This is somewhat more difficult than what I wrote in Direction 1.

We are so used to associate our intentions with winning or losing that we very easily counter our own original intention. This is also because in many cases we are not the only player in the game of life. There are others with different intentions that can collide with ours.

The way to leave our original intention intact is to focus entirely on the first steps we have to take towards our goal. This way we take our attention away from our original intention.

There is a reason for not paying attention to the intention we set out to reach. Our intention, if we work on it in a correct manner, is usually very specific and so are counter thoughts.

It is the specific counter thoughts that cause tension fields and as such weaken your original intention.

We experience our original intention (goal) as positive and specific. If you keep thinking about it, specific negative thoughts can easily enter in.

When we distance ourselves from the goal we set out to reach, tension fields can still be generated on the steps we take towards our goal. This doesn't have to be problematic when we are determined to solve these issues. They don't have to interfere with our goal, but they can.

When it happens, our goal has transitioned into a problem instead of a solution to a given situation. Now it becomes necessary to reinstall our goal or work out a better one.

Too many people turn their goal into a problem even before they start working on it. This might intensify the tension fields that can ensue on the different steps toward our goal to a marked degree and as such make our goal a bigger problem.

For example:

You want to buy a new car. You look out for a car type that you like and establish the conditions this car needs to meet. You have a complete picture of what you want. Suddenly, you realize you might not be able to borrow enough money to buy the car that you want. Now your goal turned into a problem. You feel worried.

This is not the moment to distance yourself from your goal to buy a new car. You need to deal with the problem until your goal can be reinstalled or a different goal is chosen.

Maybe you decide to buy a less expensive one and figure out how this can work out with what you intend to do with it. When your picture is complete the problem has turned into a new goal.

Competence plays a major part in achieving goals. Gaining competence is just one of the steps toward the attainment of our goals. The most important factor is to keep your goal unadulterated. For if you don't, getting there could become quite a hassle.

A musician playing in an orchestra doesn't think of the applause or his salary when playing. He just plays. A football player who, while playing, keeps thinking we must win, we cannot lose this game, will not perform well. Too much attention on his thinking, and therefore too little attention on playing, will not work well. His goal has become a problem.

Goals are more easily achieved when we are not dominated too much by emotions. Then fear cannot get in the way so much. We don't think about what could go wrong but about what to do to make things go right.

### **Direction No 3**

For some, all advice in the No 1 and No 2 directions are no option. They are so much under the influence of their emotions that they are utterly unable to apply these directions. They need help from others to gain more control over their lives.

There is a vast number of remedies and therapies that can relieve the burden of emotions.

What works best when emotions have too big of an impact on someone are the remedies or therapies where the person doesn't have to do anything himself and the therapist does it for him or her. Therapies where the person only needs to be present to undergo the therapy will work best for those people.

Emotions can be desensitized with certain therapies where they become bearable without the person's participation in the process.

The results of these therapies usually have no permanent character. Still, they can be of great help for people that are unable to help themselves. For these people they can be lifesaving.

The reason that these therapies cannot bring lasting changes is that they don't produce a heightening in consciousness. Only the person himself can bring about a higher level of awareness.

We could maybe compare it with painkillers; the pain comes back when the painkiller doesn't work anymore. It is the same with mental pain; it will be reactivated until the person decides to raise above it.

We can only deal with mental pain through a change in perspective that leads to new insights. Our emotions will then adjust to our new insights. This new insight does have to correlate with a higher level of awareness.

Because we want to win and we don't want to lose in our lives, losses are the cause of the heaviest mental pains.

When people suffer from a heavy loss and nothing seems to work to get them back in the saddle, we have what we call "helplessness". In this state one cannot accept help from others. In psychiatry it is called therapy resistance.

If you suffer from a heavy loss or know someone who does, then I can recommend my e-book:

### **Victimized by a Loss**

If you remain stuck in a situation such as a heavy loss than it can be useful to learn more about it.

You need to know the mechanisms that are at work. You need to find out if you can do something about it yourself.

I can assure you that only the person himself, suffering from a loss, can raise above it. No one can do this for him.

Others can assist you with therapies but when you are on the awareness level of helplessness (see the [awareness scale](#)) only you can work your way upwards toward higher levels of awareness.

The problem you have to face is that you cannot believe in help from others. You think that nothing will work no matter what. So why even try?

My e-book will give you all you need to know about raising above losses that have been ruining your life. Learning more about this could be a saving grace.

### **Victimized by a Loss**

I would like to elaborate a bit more on intention. I definitely consider intention the most important factor in awareness. Attention and emotion can only come into play where there is an original intention. Attention and emotion can actually diminish intention. This is especially the case with emotion.

Many people don't realize that emotion is an instant response coming from the subconscious mind. We are stimulated and programmed to respond emotionally. These responses are instant and as such more or less out of our control.

When we are hit with an emotion, our logical thinking becomes infected. It is through emotion that our ego inflates or diminishes. It is through assuming identities from others that an inflated ego or a diminished ego tends to persist.

But even when we assume identities from others, we can only make them stick through emotion.

Therefore, it can be so difficult for us to reflect on ourselves. When we respond emotionally, our analytical thinking ability is in jeopardy.

If we don't realize that this is happening, we might be less able to self-reflect. Understanding what is happening when emotions hit us can be of great benefit. It doesn't mean we haven't jeopardized our logical thinking. Most probably we have.

However, understanding that an instant, automatic, emotional response can occur when something in the subconscious mind is triggered can be of great help when we want to self-reflect.

When the ego feels threatened in its ability to Be, Do or Have the emotional responses might be negative; not always but in many cases it will.

I associate negative emotions with the awareness level of "Helplessness" and below, and positive emotions with all levels of awareness above "Helplessness;" all the way up to the level of "Extra Sensory Perceptions". (See the [awareness chart](#))

When we are inhibited in our ability to Be, Do or Have we can also have a positive emotional response.

We can see it as a challenge that motivates us to overcome any and all obstacles, but it is still an emotional response that can interfere with logical thinking. It doesn't have to, but it can.

I cannot begin to tell you how important it is to understand all this as we can only grow in consciousness through self-reflection. We cannot easily self-reflect when we are overwhelmed by either positive or negative emotions.

Let's take an example to see how this could all work out in people's life:

Joseph has a crush on Mary. He feels a strange attraction to her. However, Mary doesn't know this. He didn't say anything about his feelings, not to Mary or to anybody.

The emotions that turn on when he meets her totally overwhelm him. Due to this he cannot think straight and says things in a rather awkward way. His analytical thinking is impaired.

Mary doesn't have any feelings for Joseph, but she does notice that he is recently acting rather strange. She feels sympathy for him not realizing what is going on.

Her sympathy makes Joseph think that she has feelings for him as well. This complicates the situation even further.

Eventually, Mary realizes what is going on and tells Joseph that she doesn't want a relationship with him. Joseph finds this very hard to take, and emotions overwhelm him so much that he is devastated and doesn't feel like living anymore.

The question we could ask is: 'How could this situation have been prevented?' or 'What did Joseph do wrong?'

So, let's analyze this situation and see where things went off the rails for Joseph and why?

The reason for Joseph to become somewhat irrational towards Mary was because he did not self-reflect when his emotions turned on the first time he saw her.

What does it mean to self-reflect?

"Self-reflection is defined as a mental process you can use to grow your understanding of who you are, what your values are, and why you think, feel, and act the way you do. When you self-reflect and become more conscious of what drives you, you can more easily make changes that help you more easily develop yourself to improve your life."

Source = [Berkeley Well-Being-Institute](#)

How can you self-reflect?

There are 5 questions you could ask yourself:

1. What do I want?
2. What am I avoiding?
3. What am I most grateful for in my life?
4. What am I afraid of?
5. What are my biggest strengths and flaws?

Source = [The 5 Best Self-Reflection Questions to Ask Yourself](#)

Watch the video if you want to know the reasoning behind these questions. I would not ask these questions to the subconscious mind as the person in the video suggests.

I would ask them to my real self. That is the self that is buried under the ego, in other words our soul. It is our soul that we experience when we are on the awareness level of "Being Yourself". But do whatever feels best for you.

What would have happened with Joseph if he would have asked himself some of these questions?

First of all, Joseph would have to cool off until his emotions have subsided. Then, when he would ask himself the first question: 'What do I want from her?' he might regain some logic and come to the conclusion that he would like to go out with her.

If he then would ask himself: "What am I avoiding with her?" he might conclude he feels ashamed to talk with her about his feelings for her.

When he then asks himself: "What am I afraid of?" he might realize that he is afraid she might turn him down.

Let's see how the tension field started to appear in his mind. Intention 'I would like to date her', counter thought 'but what if she turns me down?'

If the answers on these questions don't diminish the emotional responses that came up when he gets in contact with her there could be earlier similar occurrences in his past that keep feeding negative emotions into the present moment. This can go all the way back to his childhood.

So, another useful question to ask yourself could be: "Did I experience these discomforting emotions earlier in my life?"

Be careful now, as with such a question you might run into a full-blown trauma, usually early in your childhood. If remembering a severe trauma brings you too much suffering, you might need some help from a therapist to get such a trauma resolved.

But usually, we should be able to find earlier similar incidents that we can inspect to uncover the reason for our emotional responses in a present situation. It might sometimes be necessary to find the earliest one when there is a chain of similar incidents.

To test whether you have risen above the emotional response from the subconscious, place yourself in a same or similar situation and see what happens.

If we have looked at our past and present circumstances, it might also be useful to look at intentions we have for our future. Future plans can also be affected by our thinking.

It could even be more difficult to hold them in place as we cannot always focus on the steps, we need to take in order to divert our attention from our future goal.

Let's say you want to make a parachute jump out of a plane at your 65<sup>th</sup> birthday to prove to yourself that you are fearless.

But you are only 50 years old. 15 years will go by before you can start to think about preparing yourself for your jump. The question is, would you worry about this for 15 years?

Probably not. But can you keep your intention intact overtime? If you fear jumping out of a plane, but you feel you must do it, this might turn into a worry that could influence your intention.

The only solution to this is to make sure you really want to do this and leave it at that. Don't over rationalize it. Keep your discussion unadulterated by paying no attention to it anymore. As soon as you start to doubt your decision, reinstall it and take your attention away from it.

Our intention is extremely powerful. It is the greatest power in the universe but only when it isn't muddied up with the use of our own thoughts to counter it. Counter thoughts can be equally powerful as those are our intentions too.

Others cannot diminish the power of our intention without our agreement. We first need to agree with the opposing thoughts of others before it can diminish our original intention.

Only we ourselves can diminish our intentions. No one else can. Remember that when you feel blue.

Unadulterated intention can never fail. This is how existence came about. It is perfect and unstoppable. It has unimaginable power. Only we ourselves can stop it from happening as it is our own power against our own power, if you get what I mean. We need to remind ourselves of this over and over again, as in our current degraded state we find it very hard to believe in our own powers.

The principles laid out in this e-book might not be of much use for people that are chronically on the awareness level of "helplessness" on too many aspects of their lives.

When people feel helpless on most aspects of their lives, the e-book "[Victimized by a Loss](#)" might be a better choice.

Because we live currently in very challenging times, we could greatly benefit from all the stimuli that come our way and trigger our subconscious. It is in trying times that we can grow much faster but only if we don't fail to self-reflect.

It is our inflated ego that we must become aware of. It is there! We all have it, even ever so slightly. The ego is most vulnerable on the aspect of Being.

When we notice that our emotions were activated and eventually subsided, we can now look at what happened with our ego (Being).

Did we become defensive, or did we feel humiliated? At first it can be difficult to be honest about it, as we might feel that we are weak or less worthy. We don't want that. We want to be strong and certain, and above all, we want to be right.

It is ok that we want to be strong, certain, and right about what we stand for in Being, Doing and Having, but don't let this get in the way of raising your vibration in order to operate on higher levels of awareness.

We must be willing to be vulnerable if we want to overcome the responses from the subconscious.

What do we look for when we self-reflect? We look for Fixed Ideas that we hold onto and are not willing to question. We look for Assumptions; both being awareness levels that we need to question. They are stable awareness levels for a reason. We want to hold on to them; as above or below, on both these levels we feel unstable.

Take another look at [the chart](#). I promise you it really works this way. For the sake of raising our vibration, it is of the utmost importance to introspect. Again, it really is the hardest thing we can do, and it is outright impossible for soulless humans.

Remember, only self-reflection can raise our vibration in order to operate on higher levels of awareness. Before we become aware of it, emotions have blurred our analytical thinking and we seem unable to notice that the subconscious mind has taken over.

When this happens, we must again realize that an automatic emotional response has overruled us. Before we allow ourselves to be triggered again, we need to get away from whatever triggered the subconscious to respond and calm down.

Take a walk, meditate, or do whatever you think will make the emotions subside. Then it is time to ask yourself questions. Use the 5 questions written above if you find them workable. I find the questions No 1, 2 and 4 most useful, but if you have a low self-esteem, questions 3 and 5 can be of benefit, too.

How do we know if we make progress toward higher vibrational levels? We can use the awareness scale to determine where we are on all different aspects of our life's. If we are not triggered anymore on a certain issue we worked on, we know we are making progress.

Please use this information to help yourself, and maybe others, to rise on the awareness scale. When you take this seriously and you persist, you will be amazed at the results over time. It can take up to 30 days before a new pattern is formed in the subconscious that overrules the old one.

You can refer others to [my website](#) where they can download this e-book and the ones I referred to in this e-book. There are even more free e-books on my website that might be of interest. Feel free to share them with those you feel might benefit from them

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