

# *Light Expression Essences*



## **Areas of Mind**

### Summary Consideration

The Areas of Mind Consciousness Chart that follows – along with the subsequent pages of text that support the understanding of the various areas of mind – offer a detailed view and explanation of our individual mind structure and function. The area of mind to which we would like to focus your attention relative to the use of vibrational essences at this time is that which is labeled “Soul”. In the ministry healing sessions with Sharon, this area of mind is sometimes referred to as our Soul Blueprint.

Soul is home to all current and past life memories. If you will take a moment, pause and try to reflect on your current incarnation and think of All of the emotions that you have experienced (jealousy, anger, doubt, fear, joy, love, etc.). Then, think of all of the traumas that you may have experienced (physical hurts, surgeries, emotional traumas). Now, multiply All of These experiences by the number of lifetimes that you have experienced – On Earth and Off of Earth. This and more comprises the information that resides in your Soul memory. Everything that you have ever said, thought or physically experienced in any and every incarnation is recorded in your Soul Blueprint. Needless to say, this represents a confusion of emotional information and a huge amount of misunderstanding. Anything that is not in alignment with Unconditional Love is an area deserving improvement through healing.

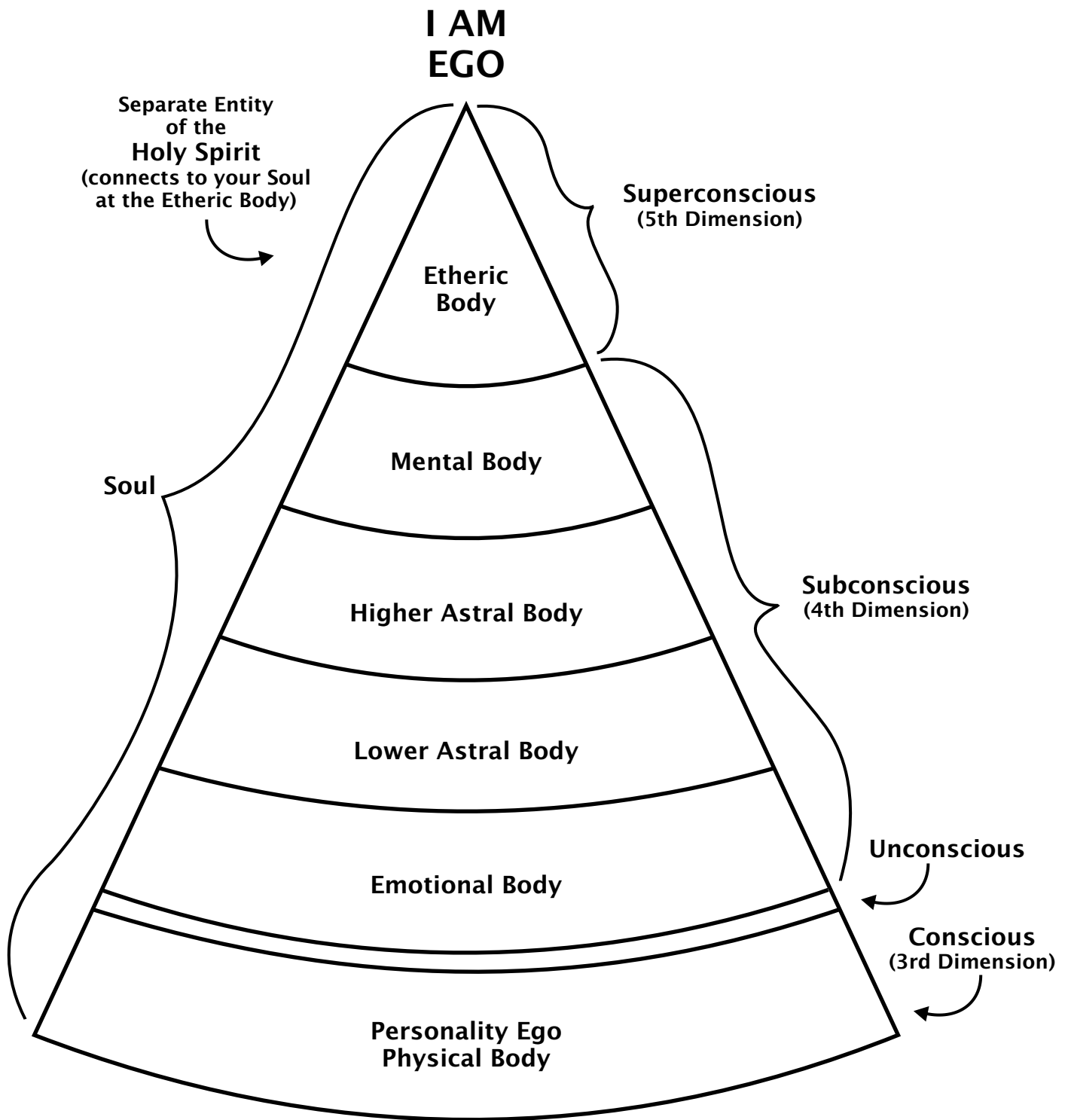
The frequency information contained in the Light Expression Essence Collections work to bring Divine balance, harmony and understanding to this challenged area of our consciousness.

*Light Expression Essences*

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*Expressing The Light*

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**Areas of Mind:** Superconscious  
Subconscious  
Conscious

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**SUPERCONSCIOUS Mind – Etheric Body – 5<sup>th</sup> Dimension –  
Unity Consciousness**

I Am Ego  
Christ Body  
Light Body  
Electric Body

(All are terms for  
Etheric Body)

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**SUBCONSCIOUS Mind – Astral Body – 4<sup>th</sup> Dimension –  
Soul Consciousness**

**Causal Body:** Contains all past life high vibrational wisdom, learning and understanding

**Mental Body:**

Interacts with all of the areas (3) of mind. Provides thinking – Discernment, Reason, Self-Discipline, Analyzes, Inquires

**Astral Body:** Operable Vehicle (Body) that holds the Soul Blueprint in the Astral Dimension

**Higher Astral:** Soul – Houses all Bodies after death (Emotional, Mental, and Causal) and all Soul Akashic Memory / Incarnational Experience, Knowledge and Feelings

**Lower Astral:** This Current Lifetime Diary (starts as a “blank book” at birth) to fill with Experiences from Current Incarnation

**Emotional Body:** Interacts with all (3) areas of mind – Holds ALL Feelings – Accumulated from current Life Incarnation and Experiences

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**UNCONSCIOUS**

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**CONSCIOUS Mind – Physical Body – Personality / Ego –**

**3<sup>rd</sup> Dimension – Duality Consciousness** – Current Incarnation – Creativity, Intellect, reasoning, thinking, inquiring, decisions – choices – Free Will

(This page offers some additional clarity on the Areas of Mind listed below)

## **Subconscious Mind – Soul**

The Subconscious area of mind performs functions that produce automatic actions and reactions: breathing; heart beat; digesting; blinking of eyelids, etc. All learned responses are also stored in the subconscious mind.

Subconscious mind holds all habitual behavior.

Subconscious mind holds all mental, emotional, and spiritual experiences.

Subconscious mind does not have the ability to discern information stored within it. Good – Bad; Right – Wrong; True – False; etc. Subconscious mind holds all accumulated information from all life incarnations (current life included) and will play back any or all of it, as it is triggered to do so.

Subconscious mind does not think rationally.

Subconscious mind will rule the conscious mind if the conscious mind is not strong, intelligent, or creative enough to assert itself.

## **Conscious Mind – Personality / Ego**

The conscious mind – Personality / Ego – should learn to recognize that all conscious thought, feelings, and perceptions will be added to the information already contained within the subconscious mind.

Healing the Soul's Time Line is accomplished when all thought patterns and feelings which are understood in the language of duality (i.e. Right – Wrong, Good – Bad; Victim – Victimizer) are energetically brought into wholeness with Source.

Wholeness thinking and understanding is circular – containing all information that comes from Source, about each thought and feeling pattern being addressed.

The conscious mind (personality / ego) has free will and must always make choices and decisions about how it wishes to behave, think, and evolve as Soul in form. Wholeness thinking – as opposed to Duality Thinking – gives the individual infinite possibilities about the thought pattern that is being accessed in the moment, rather than a singular understanding that is based in duality.

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