

## The Search into the Subconscious

The spirituality of the past was essentially focused on a process of devotion, and its manifestations vary from submissive religions to systems of belief. The nature of primitive religions was in essence to maintain peace with powerful forces that needed to be tamed or feared as to assure the survivability of the tribe or group of the same species. Ancient peoples were close to nature, and it was in the awe or beauty of a sunset, or snow covered mountain range that they received their first spiritual experiences. They often revered or even deified animals, such as Ganesh the elephant of India, The Dragon of China, the Phoenix arising from its ashes, the animal totems of American Indians. The great sage Ramana Maharshi said his cow was not just sacred, but had even become enlightened. Nowadays, this devotional aspect of religion is in retreat. Spirituality has turned to a more intellectual matter, and there is an increasing number of professed atheists whose mantra speaks more to a materialism. They believe that mankind is the ultimate species, and that human thought processes and sentiments are the supremacy of human reason. This rationale can be understood from a material perspective, but it blindly ignores the clear inferences arising from the 'psyche', which is the sum of the human mind, conscious *and unconscious*. Indeed one in touch with his great unconscious, knows everything, intuitively.

Other groups of devotees hold the firm belief that adherence to the letter of divine scripture is necessary, and revelation and transcendence occurs only for the followers who follow the strict code of spiritual morality . The latter here seem to be in acceptance of rules that if carefully followed would lead to subsequent change to the unconscious of their being and drive them directly toward salvation. The Jewish Torah includes many such laws, although the words of the ancient texts also carry a mystical energy. This is true also with words such as Halleluia, Kyrie Eleison, Amen and many others, some of which have been translated into modern languages, and lose their impact.

It is important to understand that all energies employed by an individual have natural impacts on all other planes of reality (astral, mental, and psychic). "As above, so below", as stated by Hermes Trismegistus. In other words, the distinction between physiological and psychological is purely arbitrary. For instance, one cries because he or she has a lot of grief, or has a lot of grief because they cry. In fact both are true. Its possible to heal a person physically by psychic methods or even produce psychic phenomena in the physical world. Also, everything is also recorded forever upon akashic records.

No matter how small or great. These imprints are not only recorded, but, if continued, can develop a pseudo-personality and life of their own, repeatedly provoking the thinker

to rethink such thoughts. So, it is critical to notice these actions and address them now.

In terms of the spiritual quest, one ought to know that our thinking process is at the same time the subject and the object of its activities. We think our thoughts, and they can act upon us at the same time.

The very act of thinking causes us to have sensations. A loving thought produces one sensation while an angry thought provokes another. Certain sensations are enlightened by the consciousness and others not. The sensations that are not under light of the conscious can be in fact 'subconscious' sensations which does not at all mean they are inferior: it means only that they stay beyond the conscious. Many great ideas arise from within our subconscious. Many arise from past lives. The subconscious activities may form most of our sensations during the day. Do not ignore them, as they are great teachers about the unknown part of our-self.

Perceiving the nature of our subconscious activities is critical. We need to open windows into the immensity of our unconscious to access to the universality regardless of time and space. In the meantime one can observe that our sensations are very much affected by our ego which plays the gatekeeper of authorized sensations. The most displeasing sensations then can lead us into torments or destructive personality behavior.

As demonstrated through the learning and postures, the physical training has a double purpose:

1. Through modification of the physical training one will obtain corresponding modification in other planes (infra-astral, astral, animic, and psychic. (no difference between matter and spirit)
2. by concentrating your attention upon subconscious physical sensations in order to render the conscious, the individual may selectively recall them at will and even be able to modify them.

Remember that all throughout life we exclusively tend to modify physical and material modifications to augment our sense of pleasure. Rather we should search for the unknown aspects of our self, and come to know who we really are. Meditation is a great tool for this, as we still our conscious to allow for the subconscious to arise.