

cosmic field



Earth

Creating Cohesion in the Human Mind

Causing and creating new brain tracks (thanks to neuroplasticity) requires:

- a) Understanding the 'default mode network' of a human brain
- b) A cultivated awareness of, relationship with, and compassion for the destructive narratives and stories that hijack our prime directive as a conscious human beings
- c) The #1 purpose, or prime directive, for a conscious human being, ((besides the imperative to keep the species propagated), is an "Integrated Self"

What tends to be the case for the lower ego mind for most

- Operates in a state of "Separation from Source"
- Fear-based
- Creates protective mechanisms of safety
- False belief they are imperfect, unworthy, and that Divinity has failed them
- Tends to be serious about the above points
- Is hyper-critical, judgmental, and often feels like a fraud
- Has little access to forgiveness due to the core (unconscious) belief that their separation is unforgivable, forever more
- Operates from a narrow point of view (POV)
- Co-opts and hijacks the higher mind

The tendencies my lower ego mind has adopted
