

Book One
Extra Mind Awareness
A Journey of High Mind Discovery for the Soul
A four day guided tour in the development of the “Knowledge of Thought”

Published by the author
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Table of Contents

Preface

Introduction to the Series

BOOK ONE

Introduction

Development of the Knowledge of Thought

DAY ONE

What are Thoughts

The Structure of Thoughts

Where Thoughts Originate From

The Evolution of Thought

The Purpose of Thinking

Differences in Thought

The Usefulness of Thoughts

The Importance of Thoughts

DAY TWO

Building Powerful Thought Forms

The Mental Body

[Mental Body Conductors](#)

[Goals and Objectives](#)

[Creating Beliefs](#)

[Will and Desire](#)

[Habitual Thinking](#)

[Strengthening the Thought Form](#)

[Benefits of Memory](#)

[Repetition](#)

DAY THREE

The Nature of Thought

[Quality of Thought](#)

[Significance of Thought](#)

[Distinguishing Thoughts](#)

[Thoughts of Higher Consciousness](#)

[Inspirational Thought](#)

DAY FOUR

The Power of Thoughts

[The Properties of Thought](#)

[The Beauty of Powerful Thoughts](#)

[Principles of Powerful Thought](#)

[Thought Integration](#)

[The Moral Value of Thought](#)

[Excessive Thoughts](#)

[Development of Powerful Thinking](#)

[Practice of Thinking Powerfully](#)

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Endnotes

For the Travellers Who Venture Beyond the Known Dimensions of the Mind. If the mind was likened to the universe we would see the inner transparency of its beauty and intelligence reflected back as a display which shows it as an infinite measure of deep space where a sense of its unity and oneness is revealed through the brilliance of diamond light shining from a vast silhouette of stars.

Preface

This book is the first part of a three book series about the mind, thoughts and specifically development in extra mind awareness and increased knowledge of higher mind. Extra Mind Awareness was originally written with the view in mind of creating only one book however it turned out to be three as the subject became more interesting and fulfilling the more information came to the author.

For that reason you will find it easier as the reader to read and absorb the written material in book one first, rather than be overwhelmed by too much information at once from the whole three books and not receive a clear enough picture of what a higher minds journey of extra mind awareness is all about. Additionally because the series depicts a three stage process in the progression of higher mind awareness in this case about “thought” it is better to start with book one first and move onto the next book if and when so desired.

With that in mind the author wishes you as the reader a pleasant journey of higher mind discovery and hopes that it will be as rewarding for you as it has been for me in writing and presenting it for you.

[Introduction to the Series](#)

“Look no further than within” is a very apt saying that makes a lot of sense when it comes to understanding the awareness of mind and just how far we can travel within its limitless dimensions. There is nothing more uplifting and rewarding than to discover not only the minds depth and vision but also its beauty and yes we mustn’t forget--- those inspirational moments that seem to appear spontaneously at the best of times as if they were meant to; in response to the mysteries one is seeking to solve while passing through on their life’s journey, which only the mind—our own mind holds the answers to.

Extra awareness of mind is about learning how to harness the “power of the mind” and attain to useful expressions of it as a result of actions taken in relation to higher awareness and guidance states. In short it introduces such a unique understanding about different aspects of the mind that it leads one to think that there is another mind.

Of course you would be right in thinking there is. It is called the higher mind and it’s there within each one of us waiting to be discovered and developed and further explored if you happen to have already discovered its intrinsic value.

This book and the rest of the series of extra mind awareness you will find will give you greater control and wiser use of your mind as an instrument for greater appreciation and

added value in knowing how to employ mind strategies which you can then apply towards giving additional benefit to other areas of your life.

All it takes is development of greater self- awareness and a good understanding of mind awareness practices which this book provides insight to achieve the knowledge on how to be aware of and maintain a healthy, positive state of mind in relation to each plane of consciousness; namely the physical, emotional, mental and spiritual planes.

This book reveals information and methods of mind management along with various aspects of mental power development and guidance which you may well find interesting and useful. It will serve you as a guide and help you to choose the right type of personal development products and methods you so desire and when need be suited to your path and aims which you know to be useful in assistance towards gaining proficiency in reprogramming and positive expression of self- awareness in any type of mind development.

Having said that to gain the best insight from the series, each book should be read right through first and then re-read next by reading only one chapter or rather taking an inner voyage each day or whenever you feel like it and then taking a few spare moments to contemplate and extract the hidden meaning of what's written between the lines of each one.

Each day you will have a ready-made automatic positive affirmations guidance system which is instrumental in giving certain knowledge of how to change reality through an interaction between a conscious/subconscious awareness and relationship in thought cultivation as an aid towards a more valuable mindset and mind awareness level throughout the day.

It can also be used to support awareness in producing a better focus and clear intent of ones goals and purpose for whatever good reasons as well. It will enable you to make the right moves and take the appropriate right action as a result of your deep thinking and awareness of how your mind and it's power works and are there for your benefit.

And probably the best is each book will assist you with creating your own useful affirmations about thought which is vital to extra mind awareness development and higher mind states to ensure that the right beliefs are being used in achievement of them. There is none other greater beliefs than the ones we ourselves have created and know to be true and believe in because they stem from the very heart of our own inner core and consciousness of mind.

The series will also assist you with your intuition and encourage the use of it to enhance your creative mind skills further. By using our intuition and creating the intuitive affirmations we want, they backup and support other areas of mind awareness which in turn can have a

positive effect upon our goals, desires and beliefs which then become used as catalysts towards creation of the life we so choose to live and attain to.

Each of the three books aim is to work tirelessly for you in bringing extra benefit to the health of your mind not only to inform you of the invaluable use extra mind awareness has but also how you can further apply that knowledge to your life; long after you finish reading them. Having said that each book has its useful information to impart which can be read based on its own principles of value and knowledge.

They were written with the thought in mind not to be long or tiresome in their reading. Each one of the series is not difficult to understand however they contain deep truths and messages whose meanings about the mind transform and in particular show how to take the mind to new levels of awareness both in thinking and the powerful expression of thought.

Higher awareness thought affirmations and mental dialogue need reaffirming on a continual basis over a certain period of time before the subconscious mind readily implants them as seeds within the memory as good habitual practices where they are able to grow into powerfully beneficial behaviour patterns and actions which begin to emerge and noticeably start to take over.

Especially ones where the affirmations need to be used regularly on a daily basis and where the aim is to change long-standing behavioural patterns or deep mental habits and old beliefs that serve no further purpose and are ready to be replaced and transformed by a stronger more developed higher awareness of the minds attributes.

As a result information or any type of practice, product or technique of self- development is able to continually work on improvement and bring to the surface extra higher awareness states of the mind through providing greater management and growth in mind awareness— that is practical, produces positive and lasting results, and because of a conscious/ subconscious attunement and programing proves to give greater control and scope for positive action which affords greater benefit to a person and therefore not only their life but other people's lives as well.

*** You will find that the chapters of each book have been written as if you are reading one each day with the view in mind that we are on a journey of higher mind discovery where each day will takes us through the dimensions of extra mind awareness that happens to be in this three book series on the intrinsic qualities of thought itself.

Having said that “It’s a pleasure to be your tour guide”.

Tomorrow is day one and we will be commencing our journey starting with visiting the dimension of “What thoughts are” as a major component in establishing a good ground work

for what extra mind awareness is and also as a basis for development and practices in it which open the mind up and lead to higher states of awareness.

It can be useful to have a pen and paper handy throughout the reading of this book as you may want to note any important points about thoughts and extra mind awareness which stand out above the others for you.

In the meantime we will finish with this quote which you may have heard before but I believe is appropriate to the introduction of this higher mind journey.

“We are what we think we are”

Which in terms of extra mind awareness and the positive forces of thinking; means the choice of thoughts are ours to be used constructively in order to illuminate and enhance the minds higher awareness states

BOOK ONE

Introduction

Development of the Knowledge of Thought

Development of the knowledge of thought is the first stage of growth into higher awareness states of mind. The three keys to success in the developmental stage are a) the employment of self- awareness; b) the use of ideas about extra mind awareness and c) the creative use of the mind. These three keys are what are used to discover the value of what’s written in each of the chapters of this book on the knowledge of thought along with the main points on higher awareness states of thought which provide a good working knowledge of the uses it can be put to.

Each of the chapters detail specific dimensions about thought where each one contains unique qualities or main points which go together to make up the knowledge and particular aspect of a dimensions meaning. All together the chapters and their dimensions represent the development or initial beginnings of awareness which form the basis for learning how extra mind awareness starts off and how to become aware of it within oneself as the mind starts to attract attention to itself as a result of the three keys and the dimensions of the knowledge of thought begin to grow upon the mind.

At the development stage of thought it’s about focussing the intelligence of mind on what thoughts are in general. Self-awareness develops knowledge by looking at what we are thinking and the type of impact and experiences thought has upon our lives. Whereas the ideas and ideals of thought leads to a better awareness of conceptual thinking and also the ideas and beliefs we have about our thoughts and the way we make use of our thinking mind.

While the creative key is about using our thoughts to think creatively and understand the nature of creative thinking as a powerful tool of mind in awareness of higher states of reality.

The Developmental stage of higher thought leads to stage two and higher awareness thoughts where a person becomes proficient and skilled in the exercise of extra mind awareness energies.

DAY ONE

What are Thoughts

If you remember in the introduction we introduced extra mind awareness as a means to harness the minds power through good methods of practice and products which support and give value to development and accomplishment of mind awareness as a result of using positive mental dialogue and affirmations such as those associated with higher awareness and other beneficial mind awareness programing which supports growth in self- awareness strategies.

Quite often in the use of extra mind awareness techniques there often seems to be a lack of knowledge or understanding of what extra mind awareness is and how thought awareness as a main part of it, is one of the first steps to knowing how to raise and focus the mind to recognise higher awareness states.

The reason being it seems there are only bits and pieces of information here and there which explain about what extra mind awareness development is and how it works. This can make it difficult at times to obtain knowledge and create all the steps or at least the ones that are useful in the process of further discovery of mind which lead a person along their chosen path to a far higher and more intelligent use of extra mind awareness energies in their life.

It may also be that a person is not sure of just how much of a role their thoughts play in creating their destiny or what methods to use to control thoughts and give direction to them or perhaps even the nature of thought itself and what its meaning or purpose is for.

Alternatively it may also be uncertainty or simply a lack of awareness in exactly to what degree thoughts are useful or lack in discerning at least the difference between what thoughts are more useful than others in our life and also how the useless ones can be transcended or used as a means of transformation to greater awareness of thoughtful forces beyond the mere physical and emotional levels of consciousness.

Then again it may be there is a certain awareness that thoughts do play an intricate part in shaping our lives however no understanding or knowledge of how to harness the power and creativity of the minds higher thought processes.

Whatever the reasons with the right mental approach and self-awareness practice of what thoughts are and knowledge of their use a solution is presented that offers a great way to achieve a state of greater mental dexterity.

It's simply creating a plan which has all the pieces needed to achieve the path of consciousness of extra mind awareness and perception once the various pieces of information have been put together and a working knowledge of them has been applied by the person themselves.

Here are seven key points as to what thoughts are that will help lay the ground work and serve as the basis for the other aspects of mind awareness to be built upon that will give you knowledge on how to identify and use your extra mind awareness energies.

[The Structure of Thoughts](#)

First some basics. Physiologically when we think the brains neurons discharge an electrical current through the synapses much like a bolt of lightning, where upon electromagnetic impulses are sent out along the nerve fibres in the form of messages that are relayed to the various organs of the body which in turn give off a response, which again is picked up by the senses and relayed back to the brain where the information is then processed and transformed into further intelligence. It's worthwhile here to remember and keep in the back of the mind that in terms of the chapters ahead and higher mind discovery that the brain is the anchor or physical counterpart of a thoughts form.

[Where Thoughts Originate From](#)

Thoughts are made out of electromagnetic particles of energy condensed into subtle forms of matter. They are a force whose creation stem from the vibrational frequencies of sound and light and other electromagnetic forces connected with the earth's electromagnetism and other extra-terrestrial energies. In their most subtle or rawest form, thoughts and consequently feelings are formed out of the substratum of subatomic cosmic and universal forces and particles of matter.

[The Evolution of Thought](#)

Learning to think has in its complexity evolved in terms of human consciousness as a result of our sensory experiences, feelings and further back still from the vibrational influences of sound frequencies. Thoughts in themselves basically when traced back through the process of learning to think have evolved into a condition of mind where the different vibrations of sound with its range of tonal frequencies have been condensed into feelings which eventually became the audible frequencies of the sounds of words and letters of the alphabet which we use today as one of an intelligent means to communicate.

[The Purpose of Thinking](#)

Thoughts form the basis for the intelligent expression of who and what we are as human beings. They help to regulate sensory input and feelings and move us forward on our evolutionary journey through life and beyond. Thoughts also make it easier to go through the process of living by the use of the mind's reason and logic plus imaginative parts of our thinking. And perhaps the most important purpose for thinking is to appreciate the imagery, beauty and intelligence found in nature, along with the search and meaning of life and higher modes of human consciousness expression.

[Differences in Thought](#)

There are so many different types and qualities of thought that are as we know continually being created and running through the mind as streams of mental consciousness. Thoughts and feelings being so intimately connected cannot be stopped entirely for ever. So long as the brains are active and we remain alive our thoughts and feelings will remain active as different forms of consciousness and energy. However they can be stopped consciously some of the time as for example when the mind is trained in the use of extra mind awareness techniques which develop higher more intelligent use of the mind and consciousness.

[The Usefulness of Thoughts](#)

As a useful means of communication thoughts serve as an intermediary form of intelligence which helps to define the worlds of consciousness that exist as different degrees of mind substance whose densities range between the highest most refined frequencies to the lowest most densest frequencies of matter. In their subtle form they become suitable expressions for abstract ideas and images, creative energies and symbols whose intelligent expressions form the basis for higher awareness energies to be expressed.

[The Importance of Thoughts](#)

The importance of thought is unquestionably to do with the creative use of its energy through its being able to cause as a result of ideas and concepts, the creation of everything related to material values and life along with the importance we place in being able to decipher the values of the emotional, mental and spiritual worlds. Thinking in one of its best states as we know inspires and charges the mind. Thought is an ideal medium of electromagnetic power that converts consciousness into intelligence and causes us to act and perform even more so at times great deeds and feats.

Thoughts are an intricate part of our bio magnetic life force which is wired into the bio magnetic currents of the earth, nature and the Sun and also other extra-terrestrial energies of

the galactic and universal currents. As such they are the gateway through which a person passes into higher states of consciousness.

For an easy and useful way to remember the seven key principles of what thoughts are the sub headings can be turned into an affirmation of subliminal messaging and subconscious memory and recorded and put onto an mp3 or portable product for an easy to remember way on what forms the basis for higher awareness thinking.

Here are some additional points on what thoughts can do:

- a) They can make you become more conscious of any parts within yourself you seek to change and improve upon.
- b) Open up your intuitive mind and encourage the use of your creative abilities.
- c) Provide support in accomplishment of goals.
- d) Create a new mindset about what thoughts and feelings are used for.
- e) Impress upon the mind the right beliefs and desires.
- f) Provide a greater conscious and subconscious relationship in the learning of what thoughts are.
- g) They can become useful affirmations and also help to build up strong and worthwhile patterns of habitual thinking plus a lot more.

I hope you found something worthwhile in this dimension of “what thoughts are” on this being the first day of our journey in extra mind awareness. You may find throughout the chapters some interesting and useful pieces of information which strike a chord within you in some way or other which call forth your intuitional powers of thinking. In which case they are worth looking into and following up on a little more closely as it may very well be a lead or call coming from your higher minds awareness saying it is trying to inform you or pass a message on of something important. Naturally this could be in the form of any number of symbols, images or words and thoughts about something or someone or place for example whose meaning is significant for you in some way or it may be something entirely new and not encountered before on a personal level.

The final note for day one is: A thought becomes more recognizable for what it essentially is---- “when first we know what thoughts are”

DAY TWO

Building Powerful Thought Forms

Yesterday we described what thoughts are and the role they play in shaping our lives. Today we are going to visit the dimension where we find out how to build powerful thought

forms. Thought forms are the main primary instigators which determine our state of health, wealth and happiness as well as many other aspects of living. They are an essential ingredient in all types of mind awareness development.

Our tour for today focuses on the awareness of the benefits in building up thought forms as a conscious process where the purpose is to know what a thought form is and how to design and create those types of thought forms which produce a much more effective condition of the mind in expression of extra mind awareness energies and life.

Knowledge of how to build thought forms creates a solid and strong basis for use in modes of subtle thought awareness perception which enable a person to attain to higher states of consciousness expression where they are able to draw upon those thoughts in order to transform and raise and maintain the life force of their physical, emotional, mental and spiritual expressions healthiness.

Building a thought form is composed of nine main parts which is the awareness of:

[The Mental Body](#)

The mental body is a subtle body composed of thoughts whose electromagnetic properties make up a portion of the aura or envelope which radiates as a field of electro magnetism around and through us. The mental body is built up by our thinking and everything we think about in its entirety which also happens to be the thoughts that compose the mental form.

There are different generic mental forms of intelligence whose structure is formed out of thoughts for example about wealth or career or family or relationships and self- identity and also many other types of archetypal thoughts patterns which serve as the blue print for the structure of a thought forms profile to be constructed from. All together the profile is constructed from out of the experiences of life on each plane of consciousness.

The purpose of the mental body is to hold the higher intelligence of thoughts creative impulses which are those which stem from the higher awareness of the mind of pure thought and differentiate them into various types of different frequencies and degrees of thought matter.

The essence or seed of the mental body and thinking experiences is the quintessential purity or mental substance of thought itself. Pure mental matter goes back to the beginning of time itself however the thoughts of a life time on earth only go so far while the essence of them is retained as the creative purity of the form.

The creative purity or quintessence is all that is required to remain in order for the life force of the soul to continue to evolve. While the rest of the properties of the mental body's electromagnetic frequencies and forces in connection with the feelings and the physical life,

are unnecessary and atomized to remain only as part of the greater electromagnetic frequencies of the earth and extra-terrestrial states of the earth's subtle frequencies once the physical life of the soul has ended. *note: In this case we are referring to the soul's life force as the currents of sub atomic force whose intelligence in part underlies the creation of thought and the mental body itself.

A healthy mental body emits the right type and quality of thought where the mental intelligence of it attracts and regenerates the electromagnetic thought power coming from the mental vibrations and frequencies determined by the quality of mental substance or matter which radiates into and out from a person's aura.

Mental Body Conductors

The mental body is firstly composed of stronger currents of thought which form the main structure of the thought form much like the main nerves in the nervous system of the physical body. This structure of electromagnetic force supports generic patterns of thinking upon which the finer fabric of currents of an infinite number of other thoughts are designed and belongs to. These main threads of intelligence of the thought form are the main basic building blocks which build up the thought form into what it is and becomes.

There are different thought forms that compose the whole of the mental body and which all together make up the different portions and mixes of thought to which the creation of the form of the mental body itself forms the mental part or emissions of the auras composition.

In addition the mental body's currents structure are in the forms of emissions of different frequencies of colour which are mixed into different hues and are continually changing their patterns of radiation according to the thoughts a person is thinking and being affected by at the time; however this applies mostly to the multitude of smaller currents or thoughts only. While the colours of the main currents of thought are more static and vivid depending on the health and life force and their hues stand out as a stronger blend of mainly one or two main or primary colours so to speak which define the particular thought pattern of the form.

Goals and Objectives

The first building block which gets added to the awareness of a thought form is the will or energy of intent to create a goal and with an objective in mind. That means thoughts of any worthwhile goal where the objective is to succeed in accomplishment of it. A goal defines a means to an end, cultivates a mind of will and helps develop positive thought which gives direction and meaning in purpose to continue on and stay motivated to succeed in accomplishment of it. By this process of thinking, our thoughts of a kind are being built up

into a form which helps shape our mental body and also which helps define more of our individuality of who we are and will become.

[Creating Beliefs](#)

The next building block that is needed to build up a thought form and sustain it is a belief. A goal needs to be sustained by certain belief(s). To accomplish an important goal we have to cultivate strong thoughts about self- belief, awareness of self- esteem and knowledge of self- awareness in support of how to maintain that belief. In addition a belief needs to be thought about in terms of its measure of faith and reason along with the patience and persistence to carry one through to accomplishment of a goals end.

All these parts connected to strengthening beliefs are aspects of mind awareness which need to be thought about and put into perspective and then carried out; as this helps to further assist in building the thought form up within the mental body to a level of sufficient power and intelligence where a person is able to respond in the appropriate fashion and take action as a result.

[Will and Desire](#)

To sustain and build the mental body's health up even more a thought forms belief needs to be nourished by our desires. This means we need to think about what desires we want to cultivate and use to build up the thought form and strengthen it even more and the mental body and attract the right energy for accomplishment of our goal. What fuels desire? A desire is essentially an act of will. It is a want. Which relates back to an act of volition. The appropriate desire can be employed and its energy put to use by knowing the reasons why and thinking about how to achieve a goal and strategically working out a plan for when and what its accomplishment entails in relation to what we want to receive as a result of what to make or create out of life.

Remember the purpose is to build up awareness of what goes into the creation of a thought form which you will notice is what we are doing throughout this whole process, with all this thinking and intelligent use of thought, once again we are actually building up thoughts into forms and strengthening our mental body and minds power of attraction.

[Habitual Thinking](#)

Another main part to building up a thought form is habitual thinking and habitually thinking intelligently. There are habits to thinking which determine the quality and nature of the thoughts we think and consequently the type of experiences we draw into our life. It's some of these habits which may need control, awareness and sorting out what thoughts are worthy in their use as opposed to those which present a need and desire to be transmuted or

dissolved. Ingrained types of habitual thinking quite often are associated with fixed beliefs and conditioned patterns of psychological behaviour which we take for granted without quite knowing why or are unaware of their subconscious nature.

It is through thought awareness and adjustment to certain ways or patterns of thinking that undesirable habits of conditioned thinking can be replaced by newer and more constructive habits of thought. To which a person can use to change their nature and act and think in a manner beneficial to the support of their goals and especially the type of thoughts they find that raise their intelligence and give extra meaning and depth to their physical, emotional, mental and spiritual being.

[Strengthening the Thought Form](#)

Cultivation of thinking wisely and intelligently keeps the mental body active, strong and responsive to higher awareness thought forms and expression of their energies. A strong thought form a) builds character b) develops skills in thinking intelligently c) creates magnetic attraction. A strong thought form is an active force as a result of the enhancement of the thought processes. Challenges of the thinking kind strengthen a thought form also. Strong thought forms have the power to improve weaker emotions and over sensitive states of mind. They also add depth to the mental body's beauty.

[Benefits of Memory](#)

Memory builds up thought forms by re-engaging thought. It helps when used correctly to re-invent their meaning and sustain a thoughts power long enough to effect the emotional body and physical body into causing us to take action. Used with the right intent and with a conscious awareness memory can balance and reinstate positive thinking as a means to overcome an undesirable or negative thought. Memory recall can also be used as a wilful and intelligent use of the memory and thought related to any past experiences we want to know of by thinking about them. It can also contribute towards the future accomplishment of a goals attainment and also serve as a useful method of extra mind awareness which greatly increases the vibrational frequency and power of a thought form and the mental body.

[Repetition](#)

Repetition is also part of the process of building up a powerful thought form. It reinforces and instils it with proper meaning and sound reason ironing out any weaknesses of thought. A thought form also needs to be assessed for its value in order to maintain a repetitive focus of its energy and for it to manifest. The value of repetition helps strengthen the power of thoughts that are already embedded in the consciousness of the mental body.

Repetition is in part a natural process which occurs automatically as a result of the benefits derived from maintaining healthy and strong thought forms. Repetition is also useful when its energies are applied by a person's use of their intelligence, love and the other eight energies which build up a thought form. Repetition implies further growth to the thought form which in turn causes further radiation and attractions to other dissimilar thoughts of a kind in connection with other aspects related to the transformation and health of the mental body.

Thought Saying: "To build an empire one must first build it within the mind" Development of extra mind awareness through building a thought form leads to wanting to know more about the nature of thought which is the dimension we are going to visit tomorrow.

DAY THREE

The Nature of Thought

Before we go into today's dimension and discovery of the nature of thought. In yesterday's dimension on building powerful thought forms we saw that one needs to have a purpose and knowledge of how to design and create thought forms that are effective and useful. We found that to do this a thoughts form is composed of nine key parts which give the mental body its health and vitality.

In the process of development of extra mind awareness and raising thought to a higher state where thought serves a greater purpose. This chapter on the nature of thought describes five essential components which constitute the meaning of what makes thought more beneficial in its use.

Quality of Thought

Which means to understand the inherent value in thinking of a higher capacity and also in order to determine the level of thought and ascertain its vibrational frequency of intelligence (meaning the type of response we give out and receive back from our thinking) it helps to know what the quality of its nature is.

Basically the quality of thought is divided up into three distinct types:

- a) Those which appear as image of what we are thinking.
- b) Those which manifest in an object.
- c) Those which are not related to the thinker and take on a unique appearance of their own.

For the most part the nature of thought is to separate, analyse and reason and also to help create images and distinguish itself as different from the emotions and the physical nature of things and spiritual realities of existence.

Yet at the same time the quality of thought is also determined by how much of a vital part it plays in the maintaining and unity of the wholeness and connection between those different levels and realities of consciousness.

Significance of Thought

The significance of thoughts are those which stand out above the normal everyday type of thinking. An awareness of the significance of thoughts helps us to understand them as being more than just what we commonly do with our thinking mind.

Thoughts precede emotions. Even though the two are intimately connected the subtlety and quickness of the vibrational force of thoughts cause feelings to follow as a result. Likewise feelings can be controlled and transformed when enough thought is given to them.

Thought is also an aspect of consciousness whose nature serves to express it as a medium where its vibrational frequencies are those who significance radiates as a distinct type of intelligence which gives meaning to higher awareness thinking and also thinking about unaware subconscious states of extra mind awareness energies.

Abstract thought is another aspect of the nature of thought whose meaning carries a certain intuitive significance. Abstract thinking is where the intelligence of thoughts is conceived differently. It is where the waves and frequencies of thought are adaptable, flexible, and impressionable and where the understanding of concepts and ideas stem from higher mind awareness states. For instance a simple example of abstract thinking is when we interpret the meaning of symbols such as a sign post whose picture symbolises a uniform action to take. Abstract thinking is a well-known form of thinking used by artists and creative people.

The nature of thought also defines the significance of them as those important and less thought about thoughts which help us to interpret our life and refine its meaning for us. Another significance about thought is that thought or thinking of itself cannot go beyond the level of what it is and has created; although a person can use its nature to pass beyond the level of consciousness where their thought is limiting and restrictive and also to a level where it has been transformed into a higher expression of consciousness that is recognized as being more than thought itself.

The nature of thought has many smaller divisions. For example reasoning thought cannot go beyond the level of reason and logic unless a higher more aware and refined state of mind consciousness directs it and takes the person's thoughts out of the everyday use and boundaries of logical thinking.

Distinguishing Thoughts

The nature of thought as we well know can at times be its ambiguity. Differences in assessing thoughts are the cause in part of different experiences related by our outer and inner senses whose interpretation by the mind can result in our thinking taking on familiar patterns or trends of thought. Some which may appear to be entirely on their own or not linked in any particular manner or cause. Understanding which thoughts are more certain to be productive from those which offer no support to the feelings or mind in any way helps to distinguish the nature of thought better and also make life more interesting and enjoyable in their use.

Perhaps the most distinguishable thing about thoughts is when at times they are indistinguishable one from the other. That is when they never stop and are recognized purely as energy, words and a stream of dialogue which passes through the mind, in and out of it and are always changing their nature with no apparent intelligible reason for them doing so.

Thoughts of Higher Consciousness

The essential nature of thought is in its creative and intelligent use to make sense out of what we do and give life in terms of greater value and meaning. Higher awareness thinking is in part distinguishing between what is correctly thought of as being right and wrong and as a result becoming more proficient each time in the use and evolvment of the wisdom of thinking, in terms of extra mind consciousness and states of awareness.

The nature of thought is in one of its best uses when it is put towards learning and acquiring knowledge. Educated thinking is efficacious. It eventually leads a person to knowledge however if it is something they don't know of at the time, it can mean for them it has not yet been thought of and yet through thinking in terms of higher awareness of the mind and the nature of educated thought; a person is quite capable of eventually getting to know what they may have originally believed or thought to be previously unknowable, unbelievable or even un-thought of before. Such is the nature of thought and its ways.

Inspirational Thought

Inspiration is another aspect of the nature of thought that describes how a person can lift their thinking to new heights of awareness which elevate and move the consciousness as a result of one or other forms of communication and creative action related to higher mind discovery and extra mind awareness.

Knowing how and what to do to make one become inspired is far better than waiting for it to happen on its own accord. While at times there are certain things that tell us what we can do to become inspired they do not always produce the desired result once the methods have been applied so many times.

Inspiration is not always the same. That's what makes it so intriguing and beneficial for the mind though. It doesn't always follow the same that when we get inspired one way through something it will be the same next time.

Inspiration is always connected to something which happens to change uplift and or invigorate the mind in some way. It has certain characteristics which make it a useful means to ascertain how to bring higher states of consciousness on where it gives incentive and serves as a catalyst for higher mind and extra mind awareness activities.

In higher mind expression of higher awareness states of consciousness inspirational thought is used as a type of thinking in order to raise the self-awareness to states of receptivity where ones consciousness responds to the drives and impulses of an individuals, originality and creative talents and brainwaves.

Inspirational thoughts may also include the kind whose nature is modelled on boosting the imagination, through bright ideas that motivate and stimulate the mind into revelations of its ingenuity and also powerful expressions of thought whose higher vibratory impulses elevate and expand the consciousness of ones thoughts and feelings. As a result thinking in this way can cause actions to follow which demonstrate extraordinary acts of will power, and intelligence that accompanies a sense of unity and profound joy and pleasure along with them.

The nature of thoughts being made up of words and sentences are in this case meant to provide the means of how to become inspired. That is to say the words we choose and their particular arrangement is what causes the networks of thinking to become empowered and illumine the minds consciousness. Similar to positive thinking or auto suggestions and affirmations however the choice of words focuses on providing inspiration more so.

Inspiration can often arise as a result of deep thinking or thinking about and working on a problems solution. The intense activity of thoughts focus, concentration and steady use of analysis and reason with a level of persistence increases a thought forms power and sets in motion building up the particular nature of the thought form until it is complete or has reached a stage where the power of the words and ideas is strong enough and sufficiently built up enough to cause a balance and equilibrium to the thoughts and the problem by forcing a solution to happen as a result.

Once at that level the power of consciousness has reached its culmination where its forces are extraordinarily powerful, or to put it another way extraordinarily inspirational. Meaning they are uplifting, more aware and greatly enhancing to the individuals consciousness.

Intuitional perceptions, powerful use of the will, exceptional control over the mind, infusion of soul force are all terms which help to define this power of thought whose nature in-spires and breathes life of intelligence and high-frequency electromagnetic energies into further expansion of the minds pathways.

Inspiration is also caused by things or activities which people use as catalytic sources and which serve as an aid to help bring on their inner inspirations and extra awareness of the minds power and nature related to the expressions of ideas, concepts and their feelings which need a productive and constructive outlet for their development and growth, not to forget also their manifestation.

Catalysts of inspiration for example such as thoughts about natures kingdoms, the heart and love, places of inspirational influence, other people and cultures, creations of spiritual images, inspirational works of art, a piece of writing, music, or being touched simply by an act of kindness, or bravery. There are many other examples that could be given which all serve to inspire and catapult the mind of the observer into a state of receptivity and sensitivity which as a result of their influence causes the stimulation of thoughts of a particular kind related to some idea they were either thinking about or working on. That is the type of influence where it gives the inspiration for a new idea or creation of some work or project which requires thought and higher awareness to be expressed as a result of following on with the inspirational impulse.

These types of inspirational thought are what infuses life with longing and makes it worthwhile living and doing something to be a part of it and stay in contact with its essential quality and characteristics. There are also types of inspirations in which thought connects to the spiritual realms and divine agencies whose universal nature is directly connected with the realm of pure thought and the universal mind, or mental world independent of its physical counterpart.

Inspirational thought is acquired as a result of discoveries related to deep thinking and higher mind awareness. It is thought that is followed through right to its seed or source. It can be awakened to by any kind of self- improvement, the addressing of inner powers, a success mindset, spiritual practices and any other methods and techniques which draw the attention, focus and concentrate the mind and promote vision and perception in thought where inspiration further benefits and improves the well-being of life and a person's soul connection.

Being self-aware about what makes one become inspired, thinking about inspiration itself and its effects plus the need for it to enter into one's life and also discovery where the values

and benefits are in what one does or what causes one to take action and do things which contain inspiration in them, will promote greater self-awareness, and power of thought with far greater positive thinking that results in a more healthier and attractive lifestyle in all areas of life.

Limitations of the mind which restrict the flow of inspiration are perfect opportunities for thought to build a bridge out of higher consciousness and take the mind across. The greatest gift we have been all given is the use of our mind and the ability to think and evolve through an intelligent and mature use of it. It is in part through the nature of thought that becomes a reality.

Tomorrow our tour takes us to a dimension of higher mind discovery where we meet the “Power of thought”.

DAY FOUR

The Power of Thoughts

Yesterday the dimension we visited was the nature of thought with its significance on how to distinguish between the differences of thought with its qualities and also thoughts which link to higher expressions of consciousness such as inspirational thoughts.

Today we pass through the dimension of “The Power of Thoughts” where we look at how they can be utilized as extra mind awareness energies to give greater purpose and drive in constructive and productive thinking which inspires and causes one to take action.

Most of us have all have heard or know of the power of thinking. Yet only a minority of people actually understand the secret of how to use it consciously in a proper manner to achieve the results they set out to achieve. Words are like currents of energy that run through the mind. The key to the power of thought is “Words”. The right arrangement and selection of words connected to an idea whose concept has integrated certain principles of positive thought belief into it, is where the most successful results are obtained in the power and positive use and achievement of the use of thought in extra mind awareness states.

Words become the conductors for the power of thinking including the unspoken word. That is the subtle power of words which is found in the deeper recesses of the mind where the awareness of the meaning of a group of words in terms of their intelligent comprehension by the mind, is turned into an idea and communicated more in the form of abstract thinking and pure thought. Tapping into this subconscious power enables the instantaneous deciphering of symbols and images through the power of thought perception such as for example, in direct mental perception and the sensing and synthesis of conceptual thought. This type of thought

power is different to the lower frequencies of thought where mental dialogue and having to think lineally in words is used by the mind.

Some of the main attributes of powerful thinking other than the normal ones we are all familiar with mostly such as thoughts which help us to focus and concentrate are the extra powerful attributes such as thoughts and ideas whose words have been chosen purposively with an aim in mind. They are what we call magnetic words. That is words which are inclusive of such mental powers as the use of those thoughts whose meaning is conveyed clearly and precisely with the power to lead the person straight through to the thoughts essential depth and meaning being conveyed through its currents of thought perception and intelligence of mind.

Words are intimately connected with the mind. They enhance extra mind awareness states that in turn cause the mind to be in a state of heightened sensitivity which means extra power. When it is--- its intelligence networks are opened up more and able to receive a greater input of information in the form of electromagnetic energy which in turn then becomes condensed into intelligent thought that causes as a result the mind to respond and consequently results in making intelligent decisions which in turn result in intelligent actions being taken.

[The Properties of Thought](#)

Intelligent decisions are in fact a property of thought. They are the positive ones of the mind whose vibrations are a powerful enough force to cause a person to actually take positive action and receive back positive results as a consequence. Powerful thoughts and feelings which are consciously sent out are received back as a reply in the form of different positive thoughts and feelings.

However the power of thoughts and feelings will earth their circuit first by passing through a physical form in order for the thought forms currents to complete their circuit and return back to the recipient. In other words its attraction will be picked up by someone else or something else first and then sent back as a reply in response to the natural laws of attraction and polarity of consciousness.

The manner in which it is returned back can be in a different guise however. The reason being that when the electromagnetic force of the thought form is sent out its frequencies are picked up by etheric or subtle atmospheric thought waves whose frequencies take it from the present through the ethers into the future. Which is what happens when a desire is sent out by the mind for example.

Upon return it has already become a thought of the past. Yet during that time thought being an electromagnetic force only has no preference over who it chooses once it's been sent

out unless of course it is being specifically directed at something or someone by a person's will however even then it may still not produce the desired effect. Thought being what it is always changing and adapting to new forms, completes its circuit by being picked by someone else whose vibratory frequencies of thought are similar like a magnet and are equally attracted to the thought waves. In turn they respond as a result by sending back a response in the form of thoughts which once again in the process need to have their earth to complete their circuit.

However it may not necessarily come back to the person who sent it out in the first place or even in the same manner. Even though the person will most certainly receive a response of some sort it may not be as expected due to the nature of the thought, its power and the laws of electromagnetism. However the currents of the thought waves are similar to both people or groups because their vibratory frequencies are within the same range or spectrums of the power band you could say.

Even though it would appear likely to be the case, intelligent observation coupled with a higher awareness of thought perception will show that the type of response that has come back is in fact underneath exactly what corresponds with what was sent out even though it may just not appear so on the surface of things. It just simply happens to be one of the peculiarities of thought which make it what it is.

Of course this is done on a subconscious level most of the time without even any knowledge of its happening. It is purely a higher subtle frequency of the invisible powers of thought. However higher awareness states such as extra mind awareness frequencies can support a person becoming more aware of the use and also the benefits of knowing how to make use of this power of thought through such knowledge.

The power of thought works on the mental plane. That is its nature. For it to work most effectively and manifest a strong desire the other planes must be intelligently worked upon as well in the context of what they stand for. Then its power is reinforced and its currents are able to be directed and flow accordingly. Naturally any worthwhile manifestation of thought on the physical plane that relates to a major goal or accomplishment gets built up in increments of experience whose phases of power undergo cycles of growth and maturity which means it also includes time, practice and patience as part of its manifestation.

[The Beauty of Powerful Thoughts](#)

Another component of powerful thinking is employment of higher awareness thoughts whose forces are created from thinking noble, honest and creative thoughts. These types of thoughts help to build up and exert a positive power of influence that in turn affects the way

other words and thoughts are used or expressed in a person's thinking. For example consciously thinking along a particular line of thought purposively in order to excite and bring on other related thoughts of a kind in mind, can often result in the power of thought taking the thinker into new territories of thinking. That is territories where their thoughts uncover other parts of themselves connected with extra mind awareness energies they didn't know or even have any idea existed. They are the kind of thoughts whose power exemplifies and suits the powerful expression of an individual's personality and the way they come across in their creative thinking and manner of speaking.

Some of the most powerful thoughts a person can experience and express are those which occur as a result of direct experience with their soul and spiritual awareness however it may be they happen to experience them personally. To apply the power of thought also entails that the right choice of words become spontaneous and turned into a natural flow of thought. That is where the words just happens to be a beautiful mixture of intelligent use of them combined in such a manner that they reflect the thought complexity with their powerful meaning in such simplicity.

The right mix of words whose tonal frequencies are attuned and in harmonious accord produces a flow where the voice sounds like music to the ears and invites richness and vision to enter the mind. This type of power of thought expression is magnetic and uses creative choice of words and meaning which can transport a person's consciousness in extra mind awareness to levels where they have a direct link to higher states of their creative power.

The power of thought can influence the mind considerably. For example it can have an effect on health by increasing better health awareness or education for example where it helps learning to get better grades along with a greater ability to study and enjoy lessons and focus the mind. The power of positive and focussed thought can work on addictions by breaking down unhealthy mental habits which keep the mind chained to psychological patterns that prevent a person from being completely free and in tune to the receptivity of their higher mind awareness energies. These are all ways to develop the power of thought.

The power of thought causes the mind to become more powerful and assertive, which gives the person a positive feedback and reception of a better subconscious response from any actions they do as a result of their thought and ability to exert a powerful influence over any undesirable behaviour patterns of thinking and desires.

[Principles of Powerful Thought](#)

A persons thoughts will not become powerful if powerful thinking is not practiced or its principles known. It's these two aspects of powerful thought which creates a likeness in

powerful thinking whose effects are pleasing for the mind to witness and respond to and produce results from.

The keyword for powerful thoughts is to be aware of ones thinking as an active force we are using that is all the time in action. That is where the action is from deep within the mind where its activities are resolute, disciplined and responsive.

Powerful thoughts are developed from a subconscious awareness of them and a conscious use of their employment for specific reasons and purpose whose intentions are clear and have meaning behind them to offer.

There are five key features of powerful thought awareness in development of higher awareness mind activities which describe a distinct manner in which the power of thought is acquired in extra mind awareness.

Thought Integration

The first feature is the integration of seven key types of thought to which other thoughts can be allotted to and classified.

Book 2 on day one covers this feature much more in detail about the mental plane and sub planes, however here we only touch upon the seven types of thought broadly in order to get some idea of them specifically in terms of their meanings relationship to the power of mind and the value of practising powerful thinking.

Dividing thought as a whole into its seven component parts allows for a not only a greater awareness of thought it also develops the particular nuances of thought. Knowing specific types of thinking can lead to a stronger development of the mental body and infusion of the power of intelligence of the mind which are properties of the power of thoughtful thinking.

Being aware of how thought is classified which in this case is according to the seven sub powers of thought of the mental body also enables a person to create a structure of thought process of thinking which they can do to build up each specific influence of that particular quality of power within the thought form. Ultimately this results in the mind becoming more of a magnetic influence and active agent for a person to direct their power of thinking and hopefully make good use of it not only for themselves but also where it can be beneficial to others as well.

To perceive the value and consciously recognize a thoughts power and the extent of its worth in relation to the classification it comes under also opens the way for its power to have an influence on creating opportunities in areas of life by working on higher awareness thoughts related to improvements in a particular area or activities which make up ones daily living.

This type of practice involves using self-awareness upon what one is thinking about with a purpose in mind of discovering which thoughts of a particular type belong to a classification in which there is a goal and plan or design made up to improve that type of thought awareness or nature of thought.

The design may also include powerful thoughts whose relationship is connected with the use of images, symbols, and ideas whose meanings and intelligence activate or are of the vibrations whose matter is of that particular categories characteristic form or expression.

The practice of first isolating a particular thought, idea, and or group of thoughts by distinguishing its traits and then linking its meaning secondly to another category of thought will further enhance and develop the intelligence aspect of the thought form and also promote a greater awareness of the minds increase in its power as a result.

When thirdly one thought or idea has been linked to the seven different aspects of thought the strength of its meaning grows even more so which results in a larger variety of its influences and widespread meaning. This naturally calls for focus, concentration and simply detailing the thought as it is observed, by an intentional act to improve its power as a result of its planning and passing through each stage of its categorical growth.

In short thinking about one thing you really find you want to increase the power of, then putting it through one category of thoughts meaning and then adding another to the thought process and so on will raise the thoughts vibrational frequency of power considerably. This leads us to the second feature.

[The Moral Value of Thought](#)

The second feature is about the moral principle or value of powerful thought and the effects it can have upon consciousness.

The value of thinking positively is well accounted for as being a part of powerful thought yet the moral value of powerful thinking is not so well known or even considered to have much of an influence in the use of powerful thought. The fact is the moral value is a vital principle which adds power greatly to a thoughts manifestation and positive result and in the end means of how well its processes is implemented and expressed.

The moral value of thought governs a manner of thinking in terms of its virtue and goodness quality of energy inherent within the thought pattern as a quality of behaviour or expression; it also supports the type of influence and degree of positive expression of its power. In other words the minds consciousness because of its morality is at a higher rate of vibration where its frequency of intelligence or power if you prefer carries more of an attraction. The mind is boosted up so to speak. While the power of intelligence is increased

along with the awareness that life is so much more worthy and therefore increases more in its value.

The power of thought can be equally as strong whether it is good or bad however when it is accompanied by a moral value such as the wise use of thought for the right purposes, then its power becomes a responsible use or rather its influence and response is perceived at a higher frequency where the inherent value of it, because it is at that higher level of consciousness, is known to give a better outcome related to the benefits of its influence in a particular given area.

The wise use of thoughts means the thoughts had been infused with wisdom and contains higher awareness thinking. That is thinking of the type where its value is obtained by holding off using a particular thought(s) or process or habit of thinking because it is known prior that it doesn't suit the occasion or will not produce the right or desired outcome in the best interests of all concerned. In other words it is known intuitively already that type of thinking because it is unwise is not powerful enough.

Once again it's how much of the value is placed in a thoughts meaning that causes the power from it to unlock the higher intelligence of it, and use it as a powerful force for good. Only higher morals and principles of thinking have enough in their value to cause that to happen upon the mind. The value of a thought, its moral intelligence, the amount of desire, belief and wisdom, plus the responsible use and manner and tone in which it is expressed are all properties of thought power and the minds ability to influence for the better.

There are laws as we all know that govern physical behaviour that most of us have all been bought up with and influenced by which teach about what's right and wrong. They are basic laws usually associated with the fundamentals of life and the living of its wisdom which denote a code to live by. The same can be said for certain laws that apply to thought and its code of principles, however they are less perceptible due to the fact thought is not as tangible as the physical nature of reality.

Nevertheless thought can influence and be influenced, or get out of hand and disrupt the mind and cause the consciousness of a person to react in terrible ways if its laws are not adhered to or known about or used to keep the power of thought rightly channelled. Its these thoughts whose principles and values belong to the deeper currents of the subconscious where these laws of thought play a role in the formation of its power and creation and which stand out in a person's mind apart from the thousands of other everyday flow of thoughts that pass through our mind in an intermittent flow or subtle negative and positive states of activity.

While the power of most positive and negative states of mind exists only at a certain level of awareness, beyond that level the power of thought is based on the practice of principles and its moral values as an exercise in higher awareness programming and being responsive to higher thought use. The power of thought can have a profound effect upon the mind and cause an invaluable contribution to the nature of making a person want to use their intelligence and other attributes of their thinking in a constructive and powerful way whose influences are far reaching.

Excessive Thoughts

Relentless thinking and near obsessive thoughts are two powers of thought which tie in with the second feature regarding the value and worth of a thought, and to a certain degree the fourth and fifth features. We all do no doubt at one time or another have a run of multitude thoughts which can be difficult to say the least to stop. Their frequency and power is strong in such a case however their intelligence and value is lacking.

It is as if the brains networks had been ignited and there seems no end to the constant flow or stream of thoughts that just keep on coming. This is even more so in observation of obsessive or compulsive thinking however the stream or diffused focus of thinking is usually only on one particular aspect or trend of thought about something or some idea or thing that completely occupies the mind and draws the power to focus and control the minds attentiveness down to nothing. At times obsessive thinking can lead to over thinking or thinking to much about something which can end up distorting what's being perceived and creating an illusion about the nature of it which as a result may cause an unsuitable answer or solution if it so happens to be a problem for example one is looking to resolve.

At other times when excessive thought continues it may lead one down paths of thought whose links have nothing to do with what's at hand or the main purpose for the focus of thought originally. While at other times still the mind may be racing so much in thought, and so quickly in fact there is either no time to get a solid idea down or to make the thoughts concrete enough. Until eventually it just reaches a full stop and the mind shuts down or comes to an end where no thinking goes on at all and the goal of thinking in the first place about something is lost or not remembered, unless of course the reason for the idea or goal is revived or important enough to keep in the back of the mind and consciousness to serve as a reminder later on.

Excessive thinking can be quite easily controlled when there is enough conscious awareness in employment and exercise of the power of thought awareness. Or in terms of the thoughts power and stopping its currents, when a higher value of awareness is directed at the

mental stream in order to channel it into a particular flow where the currents of the mind are released into a greater pool of consciousness whose nature causes the loose or obsessive thoughts of excessive thinking to become dissolved into an extraordinary sense of heightened awareness. When that happens it means the power of the thoughts currents are fused and being held together by the persons consciousness as one profound influence of thinking where it is being supervised by a higher power of their awareness which sees what the pointlessness of it is and as a consequence causes the power of the minds intelligence to cut off the obsessive thoughts.

One of the main barriers which cause or present difficulties for a person to know how to develop the power of their thinking and reduce excessive thinking is a lack of sufficient awareness to think of thought in terms of it as being purely without attachments, and simply as an electromagnetic power and current. That is the secret in being able to discern the different types of ones thinking and in terms of what one thinks and the observation of what effects the different currents of a thoughts force has upon the mind and increase in raising its power output. The more thought is realised as a resource of electromagnetic power and is embedded in the memory banks as such; the more a person becomes expert in directing their power and mind to give a better expression of intelligence and raising of awareness of their current level of mind consciousness.

Higher states of mind awareness use a lot of power. Conversely a lot of power is needed to remain in a higher state of consciousness for longer periods of time. States of awareness like inspiration and intuitional awareness are often only temporary and short lived in their effects. They often are regarded as more beneficial states for the reason the mind has been increased by a surge of power which results in a greater luminosity, and higher thinking however only to quite naturally pass on and reappear again at other times.

Whereas the aim of higher awareness practices and the power of thought is like anything that's practiced over time that eventually gets easier to do and better at doing is to maintain a steady and gradual increase in the consistency of the electromagnetic properties of the minds awareness by infusing it steadily with the raising of intelligence and other mental powers of thought awareness or thinking which support and uplift the level of an individual's unique extra mind awareness energies and consciousness frequencies they are attuned to at the time. Then the currents have the effects of keeping the quality of mental perception at a nice balance and medium of higher thought awareness expression.

The fourth and fifth features relate to the development and practices of powerful thinking and some of the ways in which it can be used.

Development of Powerful Thinking

Like anything worth its practice powerful thinking takes time to develop as well. There are innumerable ways to develop the power of thought. None of them are perfect along with the fact that the power of thinking is an ongoing process of the mind. It is an intricate and intimate function of the mind that at every level is going on all the time. While some of those levels we are more conscious of at times there are naturally other times where we are not conscious of them at all. Regardless that doesn't mean to say the higher thought processes have been blacked out or have disappeared altogether.

Even so what we focus on and are capable of thinking plays a vital part in how much power or percentage of that power we have available to use and increase with to make our life what it is and want it to become.

Development in the power of thought is how we do that. In extra mind awareness we use:

a) Awareness to discern what thoughts empower the self and once we are aware of them then we find ways to make use of them to discover more ways, so that the mind's awareness is readily able to maintain a consistent use of those different thoughts as a base of support for building the foundation of higher mind awareness upon and give extra support for the lifestyle we choose to live.

b) We choose to develop higher mind awareness intelligences through development and planning or designing methods and techniques whose concepts of thought awareness contain the various values, principles, and effects which all go to support intelligent networks of subtle energy out of which a thought forms profile is created from. The form is added to bit by bit by higher awareness activity gained from life's experiences and mental developments in thinking in certain ways, where the mind is given the opportunity to expand.

Such as for example expansion of consciousness through awareness development and integration of the scope to view or perceive consciousness as belonging to different dimensions and planes of existence where the dimensions of the physical plane is incorporated into consciousness as being a part of a greater field of consciousness if you like, where reality is given a much broader range and more realistic expression.

c) Development of the power of thought which may also include using the ideal of thought as a sort of prototype where ideas, concepts and abstract thinking is given a larger scope in order to allow the power of thought to take on outlets of expression which support the health of its creative nature and the free ranging expression of its intelligence and productivity. In this case the ideal of thought(s) is used as the mental image and form of power only to stand

as the model for the mind and the creation of thought where a person's focus and intent is purely mental and not on the intent to manifest thought into a corresponding physical form.

In extra mind awareness development of the ideal image of what thoughts are is used knowingly to change the course of matter of the mental words. Only it is used also without the intentional reason or desire to manifest in any physical form; rather it is used more so to support a physical forms image and reason for its being and creation. This method works purely and solely on the development of the power of thought for its own sake and those expressions of consciousness within dimensions of the mental plane only.

d) The development of intelligence goes without saying for any department or aspect of mind, life, and ability to live in general. So that makes it a major requirement of greater awareness in the power of thought. The next requirement is related more to extra mind awareness and powerful thinking as being a factor where its development is intimately associated with not intellectual power but rather a natural common sense of higher mind awareness that comes coupled with a direct perception of how the minds faculties work as a integral part of a multi-dimensional display of power in which intelligence serves as only one of a number of key factors which make up the power of the consciousness of mind and its creation.

Intelligence even though it is directly related to thought can also be of a higher quality which is able to perceive thought as a limitation as well. As such intelligence in extra mind awareness is a higher power of the whole of mind more so than only just thought, which is regarded as only a certain level of the whole of mind awareness. Whose power is indispensable to higher awareness and living but nonetheless is restricted when it lacks higher awareness such as spiritual and soul intelligences of power.

e) Original thought follows next as a part of the development of the power of thought. Original thinking is one of the main key points of higher awareness thought which invokes greater unity and depth whose experiences link the mind to its origins of resources of power. Original thought is what makes us so unique as individuals and human beings. It is through the powerful resources of original thinking we are able to identify with the universal diversity and oneness at the same time. The power of original thinking makes sure whatever it is that blocks the current of thought is superseded and recircuited to match the need for consciousness and mind to express itself individually.

f) Finally there is development of the awareness of will which serves as a fundamental agent for the very creation of the impulse of the power of thought itself. Will has been

covered elsewhere in this book in the chapter building powerful thought forms and also is covered in detail in a different sense in book three of extra mind awareness and the mastery of thought.

However we have mentioned it here as a component of the development of powerful thoughts mainly because without the will it is well near impossible for the cause and desire or want associated with the creation of a powerful thought to come into existence. It's a force essential to all of life not just the powers of thought. However as a part of the power of thought in this case it is regarded as a core ingredient used for tapping into extra mind awareness states by assisting to take thought right to its very limits, and breaking through into the subtle realms where the heaviness of thought becomes transformed into a subtle power which is given clarity and wings to navigate the minds higher awareness states with.

[Practice of Thinking Powerfully](#)

The fifth feature practice in thinking powerful reveals some of the practices which have a bearing on development of thoughts the linking of them with higher mind activities which define common traits that are useful to all types of powerful thoughts.

That is to say common traits of powerful thinking for example such as those associated with good decision-making about the realities of thought and the important role it plays in determining outcomes which result in living a more meaningful and rewarding life. Or currents and realities of thought often encountered when weighing up certain factors about life and looking at options, or intuiting details about its nature and taking resolute action as a result of right outcomes produced from thinking about them.

Naturally this can apply to anything in life. In this case it applies to direction in life, purpose, and incorporating the power of higher awareness into decisions about how to live ultimately and fulfil one's life purpose with a more inclusive awareness that it has its purpose also to be lived and fulfilled on other planes of consciousness as well such as the plane of thought for example. Decision making about the realities of thought is a practice which empowers thought and the mind.

Another common thread to look out for in types of powerful thinking practices are penetration of mind and one pointedness. Which refers to the power of thought to penetrate even the darkest places within the mind and those which seem the furthest to reach and to mine information whose message and meaning is treasure for the soul.

Thinking about ways to practice powerful thinking is another common thread which can cause a practice to improve and for powerful thoughts to happen more often. Also attentiveness to thoughts of a kind which do and don't matter to the mind. That is ones whose

preference show they do matter as a result of practising them and their power transforming consciousness; as opposed to ones which lack sufficient power to raise the minds higher awareness states and only either keep life in an ordinary zone or lower its appreciation for the results of practice in powerful thinking or otherwise negate its influence altogether.

Habitual practice goes without saying that the power of ones thinking will become a practised art or skill in striving to maintain a consistent conscious/ subconscious rapport with higher awareness states. The results of practices may also include the perceptions of the subtle effects of the vibrations and energies of powerful thought such as those which animate from objects and people and other life forms which are also a common thread in which to recognise the power of ones thought in relationship to them.

Last but not least practice also refers to interest whether both in times when it is observed to be lacking or when there is clearly an interest as a result of what has been achieved in the practice of power of higher thought awareness experiences which transport the mind into other dimensions and realities.

Principles and practices of the power of thought overall is a benefit which provides better self-control over thoughts, greater awareness of mind and an appreciation of a strong and healthy mental attitude and expression which needs to be maintained and kept exercised before achievement of practical aims and results begin to take effect. However once they do then it's in the hands and mind of the practitioner to give what power they have acquired in whatever way chosen to assist others in their highest expression of their higher mind journey in extra mind awareness and the power of thoughts.

That brings us to the close of book one and the four day journey of higher mind discovery in the “knowledge of Thought”. The journey continues of course in books two and three. We hope you have enjoyed this tour and are looking forward to meeting you again on the next one. It promises to be even better and continues on with the passing through some of the deeper dimensions of thought discovery where the focus is on cultivating thoughtful thinking as a skill.

[NAMASTE](#)

Authors Note

*** If you do think this book is worthy of note the author would be greatly appreciated for any feedback you would be willing to offer by way of a review or anything useful that would help greatly to explain for others to read what you got out of the book or what

additional points about extra mind awareness and personal development topics in general for that matter I could use to improve upon and write about that interest you.

Regardless I would just like to say thank you for taking the time to read this book and further your understanding of extra mind awareness. I hope the journey has been one of fulfilment for you. For me it has been a pleasure to be of service to you as your tour guide.

Best always in body, mind and spirit to you.

[Endnotes](#)

Other Books by the Author

Ascension Light Codes “Will Of Fire” A spiritual fiction novel about a group of servers of the Earth spirit whose task is to find the “Earths Light Codes” and bring back the “Golden Spiral.” They set out on their long journey which takes them to the spiritual dimensions of other worlds.

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<http://www.ascensionlightcodes.com/>

Non Fiction

Here is the link to the other books on Extra Mind Awareness.

<https://www.smashwords.com/profile/view/sunny88>

“Extra Mind Awareness” series on higher mind awareness.

“Extra Mind Awareness” on both basic and advanced meditation.

*Here are some examples out of the other two books which reveals the continuing journey of higher mind awareness and thought as it takes on a more profound and deeper meaning.

Excerpts from Book Two of the Higher Mind Awareness series

Day One

The Mental Plane and Sub Planes

On day four on the 1st journey of book one we passed through the dimension of the power of thoughts where we discovered what the key features are which make up powerful thinking and how words and affirmations are also powerful conductors of thinking that when used as the right formula can bring on higher states of consciousness awareness to happen.

In this dimension we take into consideration what's been previously learnt about mind awareness and combine that knowledge into further understanding the use of thought forms, extra mind awareness development and the power of thought and raise it to an awareness which introduces us to the mental plane and its sub planes along with the importance to integrate them as a means of further discovery of the higher minds significance.

First however in order to understand what the mental plane and sub planes of consciousness is it's necessary to give a brief explanation of what the seven planes of consciousness are, as the mental plane is an essential part of them.

The Seven Planes of Consciousness

The seven planes of consciousness in short are levels of consciousness and awareness which correspond on a smaller scale with an individual's consciousness and all our different aspects or modes of expression that make up who we are. An individual's consciousness is intimately linked and interpenetrates with each plane of consciousness. Which means a person is also linked by and large on a corresponding scale, to the energetic fields of the whole of the consciousness of humanity which in turn is also linked to the galactic and universal planes of consciousness. It's through the spiritual law of correspondences that we see this truth revealed in the axiom "As above so below". The worlds and dimensions of the infinite universe and its atoms it could be said are the reflections which correspond to the miniature worlds and dimensions of the minds infinity where the measure of its atoms is in terms of thought and vibrations of different frequencies and levels of mind power or consciousness.

Both the life of the individual and humanity are nevertheless actively engaged in the process together of evolving consciousness as one through the mix of vibrational frequencies and various densities and forms of matter that exist in different states of evolutionary growth which make up the intermingling of a plane's dimensions and an individual's consciousness.

Excerpts from Book Three

Introduction to

Mastery of Extra Mind Awareness

Proficiency in extra mind awareness leads to skills which develop into mastery of it. Mastery is awareness of thought at its finest. It is where it gives a person their best expression and awareness of thought as a power of intelligence and beauty of mind that makes them admire it and want to know more about its creation.

Mastery covers the last five dimensions of thought whose meaning emphasizes the value in using thought awareness in yet another form of its higher expression. Mastery doesn't mean that one has mastered the art of thinking; rather it refers to using thought as a means of discovery that leads to higher expressions of it where its nature is continually being transformed and used to exalt consciousness and the mind.

Mastery is also looked upon as a means that has the power to put an end to thought whenever it is felt necessary and take oneself beyond the point of thinking where its effects are neutralised and have actually been transcended. The third book emphasizes the higher awareness of mind which recognises that even thought must have a creator whose intelligence, love and willpower took extra special care when creating thought out of the cosmic substance in which the seed of the awareness or consciousness of thought was implanted in the mind.

Some of the skills which help to define extra mind awareness mastery and serve as attributes as well are a) Physical, emotional and mental control and awareness b) A strong conscious focus of direction of thought and c) A conscious employment of awareness and use of ones powers of will/love and intelligent perception of mind awareness. Together they all serve to direct and further enhance the mind so that one's specific target in higher consciousness awareness is attained.

The other aspects of mastery in extra mind awareness which are also regarded as playing an important part of what a person needs to know in order to sustain this level of awareness in consciousness are:

A good working knowledge of the nature of each plane of consciousness along with an overall understanding of what they are and how to identify them in relation to one's individual consciousness and subtle bodies.

A sound understanding in metaphysical principles and law regarding the nature of energy, matter and consciousness.

Practice in extra mind awareness techniques which incorporate awareness of soul and spiritual states of consciousness linked to higher awareness states of mind.

Knowledge in the maintenance of the health and vitality of the subtle bodies or vehicles of consciousness. This is in order to build up and make them sufficiently strong enough for their

life force to sustain the energy of extra high awareness states at a conscious level while still retaining the health of the physical body and carrying out normal days activities.

Mastery sums up the experiences of the last five dimensions of the journey however it is not an end to further discovery of extra mind awareness for someone by any means. On the contrary while on the journey of consciousness through each of the simultaneous levels of life there are numerous new beginnings whose experiences define the start of a whole new spiral of growth in extra mind consciousness states. An evolutionary spiral that contains a whole new series of adventures and experiences of the dimensions of the higher mind waiting to be discovered realized and enjoyed.