



Self - Knowing WHO and WHAT you REALLY are.
You are your Consciousness, your Higher Mind.

Your next step:

Demonstrate what a powerful resource the Super Conscious aspect of your Mind is when consciously used; communicated with. Now is the right time to know your Self. To establish the relationship between your self and your Self, your consciousness and Consciousness; your conscious mind and your Super Conscious Mind/Higher Mind.

Observe the interaction between these two aspects of your Mind. Allow your Higher Mind to support your conscious mind the development of your reality. Know your reality is based on this relationship you are forming between your two streams of consciousness.

Choose conscious thinking with a constructive internal dialogue; asking how/what questions of your Higher Mind. The answers will be practical and applicable to your personal situation -

use your internal dialogue for personal development.

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