

In My Right Mind:

**The Conscious, Subconscious,
& Super-conscious**

What are they?

Where are they?

Why can't I touch them?

Table of Contents

3	Introduction	7	Duality or Triality?
4	The Subconscious Mind	9	The Reign of the Super-Conscious
4	"Sir; Yes, Sir!"	10	How to Master the Super-Conscious
5	The Conscious Mind	10	The Game of Life: The 3 Primary Natural Laws
5	"O Captain, My Captain"		
6	The Superconscious Mind		

Introduction



Teaching the real Law of Attraction, the Law of Gratitude, and the Law of Forgiveness and how to live them by studying the teachings of Jesus the Christ, and the ideologies of others, including; Florence Scovel Shinn, Wallace Wattles, Prentice Mulford, "A Course in Miracles"[®], Buddha, Mahatma Ghandi, the Dalai Lama, Ho'oponopono, the Eastern and Western world's prominent religions, and more.

Biography

I am Percell Rivere St Thomass. The second name... middle name translates to 'angelic host', so many family and friends simply call me 'Angel'. I have had a long and successful career as a performer, teacher, administrator, and director of several genres including dance and theatre arts, public speaking, and as a motivational life coach. Though well liked and accomplished in many areas, I seemed to always fall short of the types of successes that I thought I should have. I often felt short of living my grandest desires.

Ever since childhood, I have 'known' that there is more to life than what we see. I have always 'known' that there is another part of life that is... like the wind, felt, but cannot be touched. And, I have always 'known' that if we cannot or do not come

to know 'that' part of life, then nothing we might gain in this part could ever make us truly whole.

From a lifelong study of the ideologies mentioned, spirituality, and humanity, I came to better understand that which I had always felt. Later, I became compelled to teach others how to better, and come to better enjoy, their lives through these basic life principles.

I have not always practice what I preached. Like many, I have learned some things "the hard way". Yet, one day, I was "re-'mind'-ed" of who I am... who we all are.

Today, I live... talk, teach, and coach the Laws of Life with a well earned degree and a better earned and renewed knowledge and vigor based on a lifetime of born wisdom and experiences, both of silver spoons and hard knocks, on and off the path. It is my given, driven, and continued purpose and happiness to bring as many as I may to this knowledge.

I begin where "The Secret" ends.

The Subconscious Mind

The mind is an interesting part of our makeup. I can't say, "...an interesting part of our bodies..." because it isn't a part of our bodies. We can't see it or touch it. It is not a physical part of us. Yet, it is alive and animate.

We know that it exists... but where, exactly? Let's try to find it by, firstly, by defining it. We already know that the mind is an entity consisting of three parts; a subconscious, conscious, and super-conscious. Let's begin at the basics.

What is a subconscious and/or the subconscious mind?

Simply, it is the worker bee of the mind. It does not work alone. The Subconscious is the crew to your captain, the Conscious. It is that part of the mind that simply follows orders from the higher part, and does whatever it is instructed and trained to do without question, reason, or hesitation.

The subconscious has no thought power; it follows didactic order to the letter. It 'mindlessly' does what it is told. It is because of this that it has also been made responsible for sub-continuous bodily functions such as; breathing, heartbeat, skin rejuvenation, etc.



"Sir; Yes, Sir!"

The subconscious, though the lowest ranking member of the team, is afforded an immense amount of power. Once given its instruction, it is left largely to its own intentions. Aside from the physical necessities of life, it is often allowed to act and react without additional order. Such "habits" might include; the ways that we walk and talk, our feelings, responses, and, interactions.

If trained well, a captain might trust the crewman with life decisions. A maltrained Sub-C, however, could lead us into severely dire and undesirable times. By better understanding the subconscious, and how and why it works, we are better able to feed it properly... to give it better instructions and/or orders for it to follow. It, in turn, will create better actions in our everyday moments, and help to create better decisions, circumstances, and possibilities in our lives overall.

The Conscious Mind

“The mind is a terrible thing to waste”SM is the slogan of the United Negro College Fund since 1972. It is a great saying in regards to educating our nation’s youth so that they might have better financial futures. But what if we knew how the mind really works, or understood better what it even is? What if we were as ambitious to preserve and better the mind not just for education, but for the fabrics of our very lives? What if we could train the mind to control our lives and fulfill our destinies?

The Conscious Mind is the Command Center of our existence. It is our; mainframe, master computer, motherboard. It is the receiver and processor of all things animate and sentient. It is the guardian of life perceivable. It controls our thoughts, words, and deeds. It is, indeed, our starship’s bridge, and we have the con.

From birth, the Conscious Mind has learned all of the things that make up, regulate, and sustain life on the physical plane. It is an amazing curio because it can reason (think), process (work, work out, or work through), cogitate (analyze), and contemplate (plan). It is capable of doing either or all of these things simultaneously. It can learn, change, retain, and forget. Furthermore, it can and must oversee and sometimes override the subconscious mind and subconscious activities.

It is here, in the conscious mind, that we spend most of our times, and that is a most unfortunate thing. It is not unfortunate because we do it—we should. The problem is with the way in which we use our conscious minds.



“O Captain, My Captain”

The Conscious Mind can virtually lead us to Life, or it can lead us to our deaths. The decisions that it makes, including those acts trained and allowed to the subconscious, are paramount to our survivals and understandings of life. It is with unbridled abandon that we must continually seek to be as healthily in our right conscious minds as possible.

It is imperative that we come to consciously understand all that the conscious mind is and the power/s that it has. We must be at the helm and in command at all times. It only takes a glance through history and into our current climate to see the devastating affects of allowing an ill-trained subconscious and / or an unhealthy conscious to reign.

The Super-Conscious Mind

The Super-Conscious Mind is, indeed, our super hero. It is that part of the mind that controls the all of life; that which we are, and that which breathes life into all living things. It is this inherent grandiosity that is both its awesome wonder and its gravest obscurity. Sadly, in our limited capacities as human beings, we have consigned the Super-Conscious to either faith or disbelief.

We might call it Divine Mind, God, Supreme Being, Universal Consciousness, Creator, or Life Force, to name a few. Such names all come in attempts to define something that we sense exists, but cannot be found in the physical realm. And yet, the Super-C is not alone in this enigma, as the other... minds (?), fall into the same categories. We will discuss this in more depth in later chapters of this e-series.

For now, let us say that the Super-Conscious is pure emotion. Knowing what we do of the differences between emotions and feelings, we understand that the Super-C lives in the invisible Realm of the Absolute. It gives life, guarantees life, and carries out every demand of life. It is referred to as living in the Realm of the Absolute because **there is nothing that we can do to change that which it is**. We have some degree of control over how it affects us, but we have no control over life itself. It is important that we understand this powerful life force, for it will create our very lives exactly as we ask of it.

Many refer to the Super-C simply as "conscious", as in, "My



conscious is bothering me", or, "Have you no conscious?"

Others refer to it merely as the mind, as to say, "I have a good mind to just do that job, myself", and, "I'm going to give her a piece of my mind!" Although the first two examples are correct, they are, for the majority of us, greatly misunderstood. The latter examples are not even possible, much less accurate.

If you are doubting whether or not this is true, let's take a brief look into an age-old topic... Duality. Our immediate problem is that, again, as physical beings, it is extremely difficult to grasp the concepts of nonphysical things. We have nothing by which to measure them, and, this is a reasonable doubt. However, the concrete existence of things beyond our comprehensions is irrefutable. Simply put, we do not know what we do not know, but that does not mean that it does not exist nor that someone else might know it already.

Next... Duality or Triality?

Duality or Triality?

The Law of Three is a Natural Law of Creation.

The law states that there are three parts to everything. For something to be, three forces must be present; a passive (idea) force, an active (energy) force, and a spatial (manifestation) force. All three must be present and of equal importance for a phenomenon to occur.

Dualism is the term given in studies of philosophy to the concept that the mind and body are distinct and separable. Its focus is on the relationship between mind and matter, and between subject and object. I believe that Dualism misses the mark much in that, though its points are relevant, the onion has more layers.

This e-book will neither support, refute, nor examine the theories of Aristotle and Plato, multiple souls, the functions of plants nor animals, pain, pleasure, nor desire. We will acquiesce, however, to Aristotle's and René Descartes' beliefs that the mind is a separate entity from the physical body. This has less to do with the philosophers, and more to do with our studies into the Subconscious, Conscious, and Super-Conscious Minds.

It is my belief that it is more important to know that the



mind is a nonphysical, non-spatial substance. **It is not the brain.** The mind cannot be physically seen or touched. Descartes clearly identified the mind with consciousness and self-awareness, and distinguished this from the fleshy, electrically impulsive brain as the basis of intelligence.

To better understand behavior and life, however, we must be able to differentiate between the brain and the mind, understand the functions of each, and act accordingly. This is the very foundation to living our grandest desires.

In order to come to know the Subconscious and Conscious Minds, we must accept some very controversial concepts about the Super-Conscious, for without it the other two could not... would not exist.



Duality or Triality?



It should be easy to comprehend the mind from the concept of the Natural Law of All Things. In everyday life, we acknowledge:

- ◆ earth, wind, and fire
- ◆ mind, body, and soul
- ◆ liquid, solid, gas
- ◆ linear, lateral, longitudinal
- ◆ idea, conception, reality
- ◆ blood, sweat, and tears
- ◆ beginning, middle, and end
- ◆ stop, look, and listen
- ◆ Father, Son, and Holy Spirit

The Law of Three is a Natural Law of Creation.

The law states that there are three parts to everything. For something to be, three forces must be present; a passive (idea) force, an active (energy) force, and a spatial (manifestation) force. All three must be present and of equal importance for a phenomenon to occur.

There are, undoubtedly, many more groupings that are not on this list. To see this Natural Order of Three within all relative things is a beginning. To be able to see the natural order within a lone entity is where you want to end up. With the mind, there is no question; there are three parts of which the Super-Conscious is the Ultimate Power. Let's learn briefly how to find it and use it to govern the two subordinate parts, and to create the life that we dream of and strive for.



The Reign of the Super-Conscious

We cannot desire what we cannot imagine. Thankfully, we have the means and the instructions to achieve our greatest desires. Why then, do so many of us fall short of happiness?

The answer is simple; the execution is, however, where we falter. The Super-Conscious is our built-in connection to All That Is. By natural law, it cannot separate itself from itself, and therefore cannot separate us from our true desires if we sincerely demand it so.

Whether your beliefs are scientifically processed or faith based, it is agreed that life is alive. At the most fundamental level, all of life and the universe is some form of sub-atomic vibrating energy. As all of life comes from a universal Life Source, then all of life is, at some level, energy connected.

It is also known that energy never stops, therefore nothing in the universe is stilled; everything is constantly in motion. Our breaths are a form of Life's energy. Our thoughts, words, and deeds are forms of Life's energy. And, here is where we begin to fully understand the Super-C.

Put simply... the Conscious Mind is our thoughts, reasons, cogitations, and contemplations. The Sub-Conscious Mind is our mechanical center; that part of us which tends to the routine and the mundane, and relieves the Conscious from such chores. The Super-Conscious is our connection to God, Life,



Creation, the Absolute, Jehovah, Higher Power, Supreme Being, Life Force, Higher Consciousness, or whatever you choose to call that which created you and gives you life. When we feel things "within the gut", or fight thoughts clearly different / against our own, have visions or premonitions completely out of our realms of thinking, or experience déjà vu, these are all times of Super-Conscious connections with the Life that Is outside of our own existences.

For most of us, these are random and uncontrollable occurrences; but, they can and must be controlled in order to be able to truly be happy in life.

“It has all been given to you to know the mysteries of the kingdom of heaven”

~ Jesus the Christ

Part Two:

Connect to the One True All That Is:
How to Master the Super-Conscious
Mind

[Read Part 2 - Becoming Whole](#)

Part Three:

The Game of Life:
The 3 Primary Natural Laws
(Living Your Grandest Desire™)

[Read Part 3– The Fulfillment](#)

Hyperlinks are active on Downloads only. For printed materials, please visit the secured website, www.percellstthomass.com.

Questions or comments, please write to: percellstthomass@mail.com ; Subscribe to the podcast (info at www.facebook.com/percellstthomass)

FREE 30 minute coaching / consultation, [CLICK HERE](#), or call 601.329.5808