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Introduction

One of my greatest interests in this lifetime has been the study of what I am now calling monadic or spiritual psychology. There are tens of thousands of self-help books on psychology and human relationships; however, there are very few books that integrate the soul and spirit into the picture. This has been my greatest focus of interest. This book represents the distillation of my life's research, study, and work in this area.

I have attempted to make this subject very clear, right to the point, and easy to understand. The book is extremely comprehensive and, in combination with my first book, *The Complete Ascension Manual: How to Achieve Ascension in This Lifetime*, it sets forth the basics of soul and monadic psychology.

It must be understood that there are three levels of self-actualization: There is personality-level self-actualization, soul-level self-actualization, and lastly there is monadic or spiritual-level self-actualization. These two books provide the basic understanding, tools, and maps for achieving all three levels of what might collectively be called God-realization.

Most of the books in the average bookstore are focusing on personality-level self-actualization. The new wave in the field of psychology is transpersonal, or soul, psychology, which will then lead to monadic psychology for the more advanced students of the path.

The entire understanding of psychology is completely changed when the soul is properly integrated. It has been said that personality-level self-actualization brings happiness; soul-level self-actualization brings joy; monadic- and spiritual-level self-actualization brings bliss. It is toward this goal that I humbly direct my life's work in understanding soul and spiritual psychology.

Joshua David Stone, Ph.D.

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*The Development of Personal Power
and the Functioning of the Conscious and Subconscious Minds*

The single most important aspect of achieving psychological and spiritual health is learning to own your personal power

Dr. Joshua David Stone

The conscious mind is the reasoning mind, whereas the subconscious mind is the nonreasoning mind. The superconscious mind is the all-knowing mind.

The conscious mind is the captain of the ship, computer programmer, decision-maker, gardener. If the conscious mind is the captain, then the subconscious mind is the shipmate below the deck who follows whatever orders the captain gives. The subconscious mind is the computer or tape recorder.

The subconscious mind is the soil. If the conscious mind is the gardener, the gardener plants the seeds (thoughts), and the soil grows whatever kind of seed is planted — a weed or a beautiful flower. The subconscious mind will store information and follow orders whether the orders are rational or irrational. The subconscious mind doesn't care, as it has absolutely no reasoning ability.

The subconscious mind is a paradox. It has no reasoning ability and yet it does have an incredible number of amazing abilities and intelligence factors. The best metaphor for understanding this is that of the computer. A computer is an incredible piece of equipment, yet it doesn't care whether it's programmed to solve the energy crisis or to create a nuclear war. The subconscious does whatever it is programmed to do, no matter what. A good example is the way the subconscious mind completely runs the physical body. This can be proven by the effects of hypnotic suggestions given to a person concerning the body. The subconscious mind has the ability to create perfect health or create cancer. It will create whatever it is programmed to do. No one consciously programs cancer, but many people unconsciously program cancer into their bodies through self-hatred, victim consciousness, revenge, giving up, and so on. The ideal is to tell yourself or your subconscious mind that

you are in perfect, radiant health and that every day in every way you are getting healthier and healthier.

The subconscious mind works separately from the functioning of the conscious mind. It works twenty-four hours a day, seven days a week, three hundred and sixty-five days a year while you are sleeping and awake, and it never gets tired. It is constantly doing whatever it has been programmed to do.

The Intelligence Factor of the Subconscious Mind

The basic function of the subconscious mind is to store information. It is the storehouse and memory bank of all your thoughts, feelings, imaginings, habit patterns, impulses and desires. From the time you were a little infant, you have been receiving programs from your parents, grandparents, peers, teachers, ministers, extended family and television programs. When you are a child, your reasoning mind has not developed enough to be able to discriminate and thereby protect you from negative programming. As a child, you are totally open, so your subconscious mind can be filled with mental poisons, faulty thinking and faulty beliefs. Just as the body can be filled with physical toxins from poor eating, the subconscious is filled with mental toxins from negative programming and education.

The subconscious mind also creates most dreams, although there are occasions when the superconsciousness creates dreams. A dream is basically a mirror of the way you think, feel, and act during your conscious daily life. A dream is like a newspaper you receive every night, depicting the organization and dynamics of your internal energies.

The difference between dreams and a real newspaper is that dreams are in the universal language of symbols. To understand your dreams is to understand that every part of a dream is, in reality, a part of you. By examining the relationship of the symbols you can gain insight into and understanding of the patterns that are manifesting in your life. A dream is an automatic process that the subconscious mind brings to you as feedback. This feedback is essential because very often you are manifesting patterns in your life that you are not consciously aware of manifesting.

The subconscious mind can also be termed the habit mind. It stores all habits, both positive and negative. A lot of people think habits are bad. This is not true. You want to change only bad habits, while creating good habits.

A good example of this is learning to drive a stick shift car. At first, it takes a lot of conscious effort and will power but soon shifting is done

without your having to think about it. If you didn't have a subconscious mind to store your developed abilities, shifting would always require great focus and concentration.

There is a basic psychological law that says it takes twenty-one days to cement a new habit into the subconscious mind. You can learn something in a day, but to engrave a habit in the subconscious mind takes twenty-one days. This ability of the subconscious mind to store habits allows you to grow continually and to develop new abilities without worrying about old ones.

The subconscious mind is where the law of attraction operates. The subconscious mind is continually attracting things to and repelling things from you according to what has been programmed into it. A master is someone who uses this law to his own conscious benefit.

The subject of money and prosperity provides a good example. If you have the belief in your subconscious mind that you will never have money, you won't. If, on the other hand, you believe you will, your subconscious mind will attract those opportunities and possibilities to you. Whatever you want in life, you can affirm and visualize in your subconscious mind, and the subconscious mind will attract and magnetize it to you.

Carl Jung spoke of this when he talked about the collective unconscious. The subconscious mind is interconnected with all other subconscious minds. You might say that all the sons and daughters of God have one great subconscious mind.

The subconscious mind also has the ability to sense radiations of energy. You automatically use this ability in your daily life. It can be used specifically in areas such as water dowsing, or water witching. The subconscious can be programmed to search for any physical substance, not just water. It can sense the energy radiation of any substance for which it is programmed to search.

The subconscious mind is also the seat of psychic abilities. The subconscious has five inner senses that are the subtler counterparts of your five external senses: inner sight (clairvoyance), inner hearing (clairaudience), inner smell, inner taste, and inner touch.

When you dream you have your five senses available to you. How can this be if you are sleeping? It is because you are utilizing the five inner senses of the subconscious mind. You have psychic abilities and can develop them further. It is just a matter of practice and proper training, as with any external ability.

How the Conscious Mind Works in Relationship to the Subconscious Mind

The key function of the conscious mind is to be the computer programmer, protector and master of the subconscious mind. The subconscious mind is meant to be the servant or servomechanism of the conscious mind but is not meant to direct it. If you don't understand these psychological laws, you are likely to let your subconscious mind run you. Why would you let a nonreasoning mind run your life? Strangely enough, this is what most people do. When this happens you can become a victim and have a lot of problems.

When a thought, feeling or impulse arises in the subconscious mind, it is the job of the conscious mind to use its powers of reasoning and discrimination to check that thought at the gate. If the thought or impulse is positive and spiritual, you let it into your mind. If it is negative, you push it out.

Psychological health is the process of letting into your mind positive, spiritual, balanced thoughts. Psychological health is like physical health. If you want to be physically healthy, you put healthful food into your body. If you want to be psychologically healthy, you put healthful thoughts into your mind. By pushing the negative thoughts out of your mind, you are refusing them energy. This is much like a plant that is not being watered. It eventually withers and dies from lack of water (attention and focus). The second step is to affirm the opposite and positive thought. This is called positive thinking and the use of positive affirmations. By continually disregarding the negative thought and affirming the positive thought, a new habit is formed in the subconscious mind. The old habit dies because you are not giving it energy; and the new habit is formed because you are continually affirming and thinking positively. Within twenty-one days this new habit can be formed.

You must remember that the subconscious is filled with many old tapes that you accepted when you were young. If the conscious mind isn't making choices, then all this old programming from early childhood is affecting your present life.

Development of the Outer Bubble, or Shield, to Protect You from Other People's Negative Energy

Just as it is essential to develop an inner bubble to protect yourself from your own subconscious mind, it is also essential to develop an outer bubble, or shield, to protect yourself from other people's negative energy. Always remember that if you don't take responsibility for this, then the subconscious mind or other people will run your life. The ideal is to