



MENTAL CONSTRUCT

There are two aspects to your human experience: the physical and the abstract. The physical is visible form and the abstract is nonvisible energy. Your body and brain are visible physical form and your spirit and mind are nonvisible energy. Your body/brain and spirit/mind, the physical and the abstract, work together in creating your experience of humanness.

Mind and Brain

The mind is creative, and the brain is functional. The brain is a component of your physical body. It processes the information collected through your physical senses and regulates bodily functions. Your brain is not dynamic and creative like your mind.

Even though your mind is abstract and nonvisible, it has as an energetic structure which is constantly flexing and changing. This is referred to as your mental construct. The changes in your mental construct are interrelated with the transition of identity you experience throughout your life: I, Me, We, and Us. When you incarnate, your mental construct is small and simple. As you develop, it becomes larger and more complex.

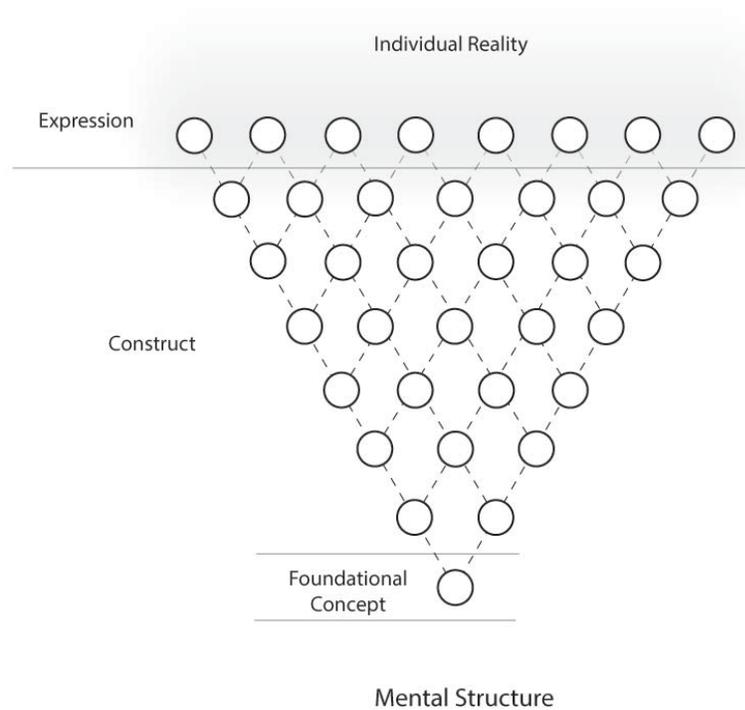
Life Cycles

As you unfold the I cycle of your life, you create the content and structure of your mental construct. The Me cycle involves breaking apart certain concepts and beliefs in your construct that were developed during the I cycle but are no longer appropriate or productive to your development as an adult. During the We cycle you restructure your construct according to your own ideals and values. The Us cycle involves refining those ideals and values to incorporate a more expanded understanding of your Self and prepare you for the transition into the spiritual realm. So, as you progress through your life, your mental construct it is established, broken apart, restructured, and then refined.

Through your understanding of the transition of identity that you are experiencing during your life, and how that transition restructures and simplifies your mental construct, you expand your awareness of how the dynamics of your mind are shaping what you experience as your reality. When you allow rather than resist the natural restructuring of your mind and the changes to your reality, you support the natural process of spiritual development and growth.

Mental Construct

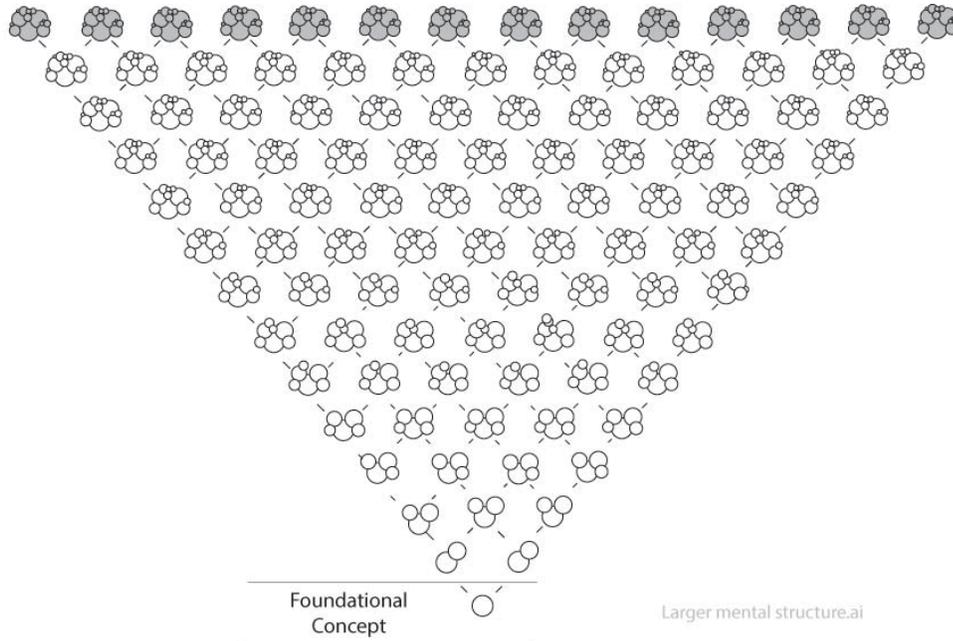
Your mental construct is divided into three areas: foundational concept, construct, and expression. The foundational concept is the single base concept from which everything within the construct originates. The shape of your construct expands upward from the foundational concept in a consistent pattern which creates an upside-down pyramid. Everything above the foundational concept is the construct and the upper most top layer is the expression. The combination of your foundational concept, construct, and expression is your belief system, which governs your thoughts, reality, and total human experience.



Mental Structure-2.ai

The structure of your mental construct is directly related to what you experience as your Self and reality. It holds all the information about you and shapes your perception of your Self and the world around you. This massive storehouse of information is what you then use to interrelate and interact with others, environment, and physical world.

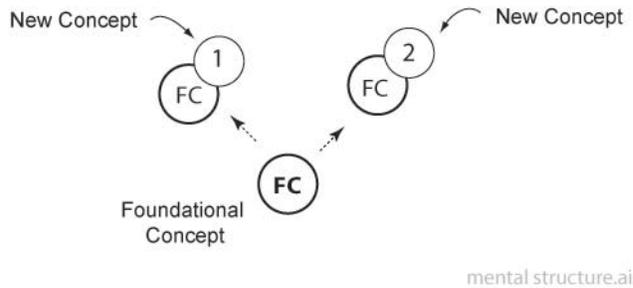
Your mental construct is constantly shifting, changing, and expanding. It is dynamic. You are continuously experiencing and knowing your Self differently as you incorporate new concepts into your mental construct. These dynamics are what you experience as learning and understanding.



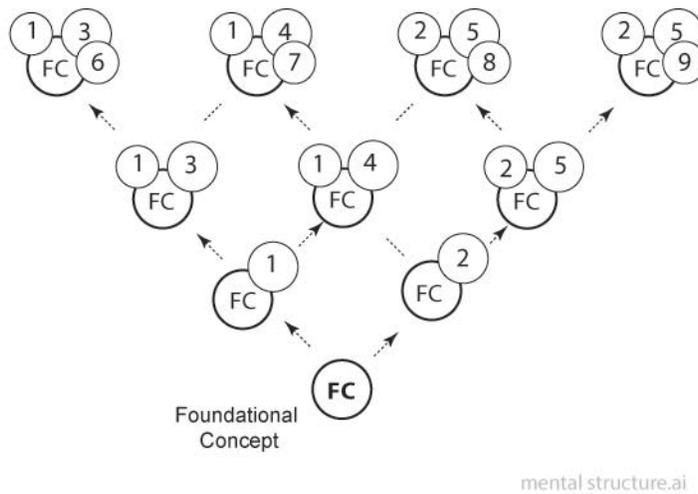
Your mental structure is actually very large. It would be impossible to accurately diagram its size on a standard page. This diagram is a representational model intended to help you comprehend the structure in more detail.

If you look closely, you will see that each conceptual group is made up of a single concept which has multiple nodules attached. The foundational concept has no nodules. As you move up, the structure of the nodules increases incrementally with each layer. The conceptual groups on the top layer have the most nodules.

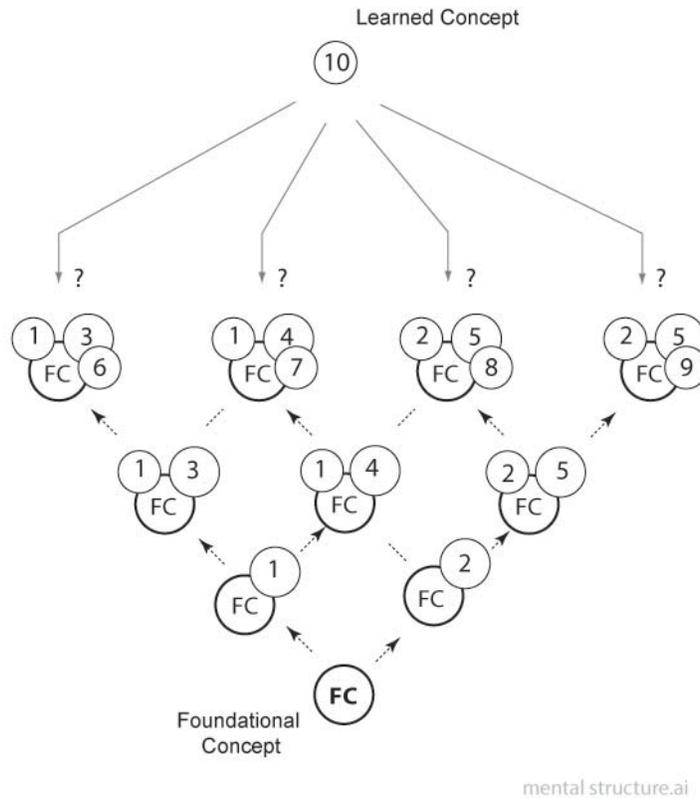
Your foundational concept is a very simple premise of *who and what you are*. This premise is carried through your entire mental construct as the basis for all other concepts. In essence, it is what you hold in mind as your *identity*.



There is a specific pattern your mind uses for addressing new concepts created from new experiences. It takes the foundational concept and adds a nodule, which represents the new concept. Your mind takes the concept of your identity and expands upon it.

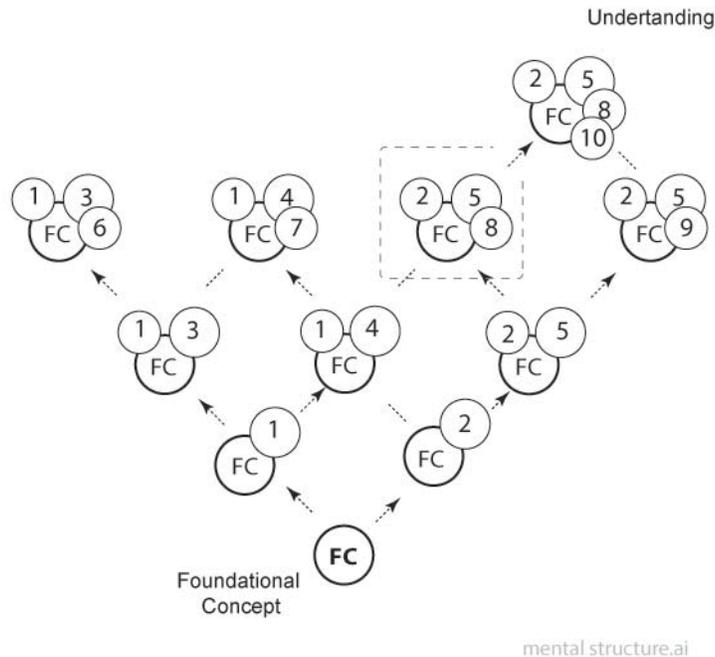


As the structure expands, including more and more new concepts, the foundational concept replicates and acquires more and more nodules. As the construct grows, and more nodules are added to the foundational concept, the concept of your identity becomes more complex.



Learning and Understanding

When you learn something from a new experience, your mind translates it into a new conceptual nodule (concept 10 in the diagram). Your mind tries to add this new conceptual nodule to your existing mental structure. To do this, your mind assesses all the upper most conceptual groups. Your mind then tries to find the existing conceptual group which is closest in content to the new nodule.



It then replicates the chosen existing conceptual group and attaches the newly learned conceptual nodule. This new conceptual group is added to the overall structure. This pattern of choosing and replicating is what you experience as *understanding*.

Learning is the creation of a new conceptual nodule and *understanding* is the incorporation of this new conceptual nodule into a conceptual group.

If a newly learned conceptual nodule is radically different than all existing conceptual groups, our mind will reject it and throw it out as *not understandable*.

Your mental structure may be referred to as “the box”. The way your mind assimilates new information as concepts creates a “box- like” scenario. Your mind is only comfortable with what it already knows and can locate within the *existing* structure. Its pattern of expansion uses what it already knows as its *basis for new understanding*. In truth, it is not really *new understanding*, only a slight *adaptation* of existing information. Your mental structure is your reference for your deductive analysis, logic, and rational thought.

Spiritual Growth

The dynamics of your mental structure are what make spiritual growth and development difficult. In the case of spiritual self-awareness, the spiritual concepts introduced pertaining

to your identity are “outside the box”. This means there are no *similar existing* conceptual groups on the upper layer of your mental structure that your mind can find to which to attach the newly learned spiritual concepts.

Therefore, your mind rejects newly introduced spiritual concepts as *not understandable*. This process, and the relationship between your mind and mental structure, make it difficult for you to spiritually grow and expand your awareness.

This is because spiritual growth has to do with your *identity* and correcting your idea of your identity. Your entire mental structure is based on an *existing* concept of your identity: perceiving your Self as a physical body. Spiritual growth and development require correcting the foundational concept of your identity to knowing your Self as an *energetic being*.

Your mind has been ingrained with this existing concept of your identity. When you try to change your concept of your identity to knowing your Self as an energetic being, you are trying to change your entire mental structure from the bottom up. This can be radically unsettling to your mind. It cannot simply add the concept to the upper most layers following its usual process. Your mind must find a new way of reinterpreting itself, while keeping some semblance of coherence to the existing structure.

Simplification vs Expansion

The new process of spiritually restructuring your mental structure involves simplification rather than expansion. It is very similar to reducing fractions to their common denominator.

The structure of your mind is very distorted and complex when it is identifying with your body as your identity. This is because your mind is continually trying to convince itself of something that is not true. It has created a massive informational reference which it uses to attempt to substantiate this misperception. But even the most elaborate mental structure has loopholes that undermine the false foundational concept. It is these loopholes that allow your mind to recognize truth when you hear it.

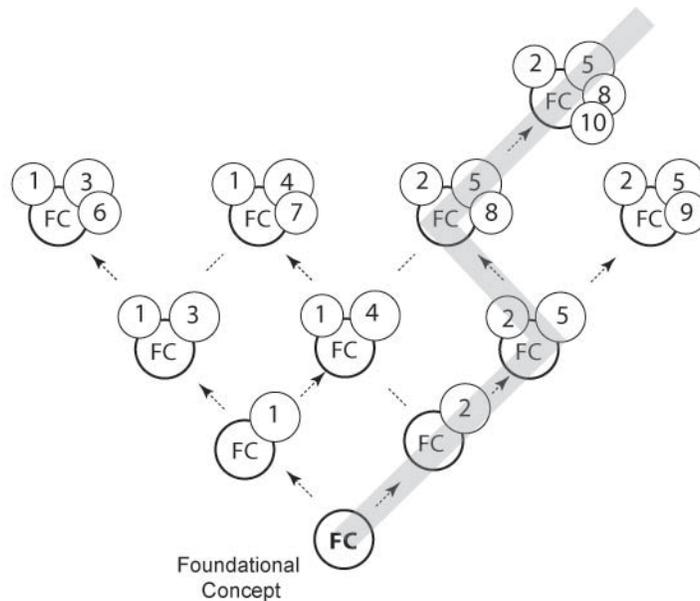
Restructuring your mind involves the release of concepts in the upper layers that slowly rearrange the lower layers. The key here is *releasing* rather than *adding* and *expanding*. This is a gradual reinterpretation of your Self that shifts the conceptual groups. As they release and the mental shifts take place, you reduce the size and complexity of your idea of your identity.

Your true identity as a multi-dimensional energetic being is extremely simple. The elaborate Self concept/personality which your mind has contrived to go along with your perception of your Self as a body, is contrary to the simplicity of your True identity.

Your mind resists simplification because it has only *known* expansion. It is familiar and comfortable with expansion. Simplification throws it into all sorts of crazy antics to avoid the downsizing. Your mind feels as though it is losing its only *known* identity, and that it is being replaced with the *unknown*. Fear is the major obstacle in the simplification process. *Fear of the unknown*.

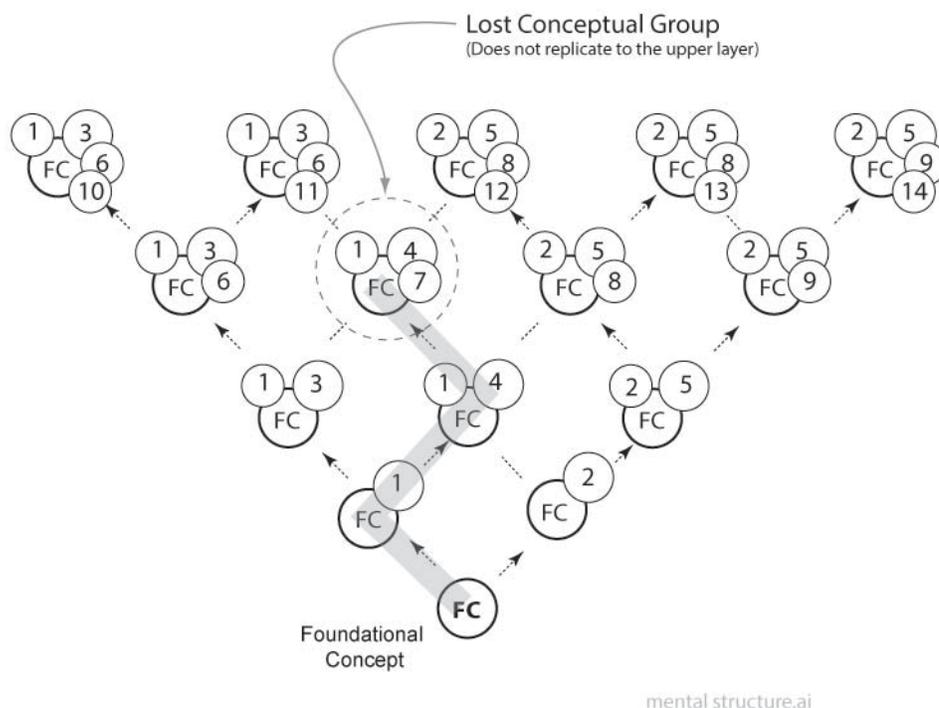
Lost Conceptual Group

Each conceptual group in the structure is like a path that leads back to the foundational concept. The expansion process of choosing and replicating actually creates this sequential hierarchy automatically.



mental structure.ai

The conceptual groups build upon each other and are interrelated. What you are *conscious* of at any given time is only the *upper most layer* of your mental structure. That upper most layer, which is the *expression*, contains *almost* everything in the construct underneath it. The construct, everything *below* the upper most layer, is your *subconscious*.



In the expansion process, a sequential conceptual group can also end *within* the structure, without making it to the upper most layer of expression. The information within this particular conceptual group has become *lost* in your subconscious. This is an experience which has happened to you, that you are no longer conscious of, and *are presently unaware of*, in the progression of your life.

Often the last nodule added to the lost conceptual group was severely traumatic. At the time that the conceptual group was part of the upper layer, and your mind went through the choosing process for a similar conceptual group, it skipped over the traumatic conceptual group for replicating. This traumatic conceptual group was not replicated and not continued in the structure due to the lack of similar experiences.

Becoming aware of the structure of your mind and the dynamics involved is beneficial in the process of spiritual reinterpretation and simplification. It allows you to have an abstract reference to your practical experiences. It expands your understanding of the dynamics underlying the difficulty of changing your reality from perceptual identification as a body, to spiritual identification as a multi-dimensional energetic being.