

# *The Evolution of 'I'*



*By Burt Harding*

*In the question “How am I 100% responsible?” from your youtube video-clip, you mentioned how the personal ‘I’ that we are is really the Cosmic ‘I’. My question is, “What are the steps that help us move from the small ‘I’ to the ‘I’ we really are?”*

Thank you for your interest. To do justice to your insightful question I ‘slept’ on it with the anticipation of having a clear simple answer in the morning. The answer, as usual, emerged from the deeper knowing within me. It came as -- **the merging of the Trinity.**

The Trinity has been mentioned in all studies of esoteric literature, religious teachings and including psychology. In spiritual parlance it is known as the Father, Son and Holy Spirit. In Psychology it is known as Conscious, Subconscious and Superconscious mind.

We attain balance, harmony and the enlightened knowing when all three merge and are seen as One. It is imperative that you do not get stuck in the words used to describe this Trinity. It seems that the definition of this powerful Trinity is colored by the terms we use. The importance of the Trinity lies in its Oneness. It is this Oneness alone that awakens our Spirit to its rightful heart.

Oneness cannot be known nor experienced until we have fully grasped what the conscious mind means. When this conscious mind is clear to us and its effects on our life, then we are ready for knowing more about its deeper aspect called ‘subconscious.’ When the subconscious is known and understood, we automatically awaken to the third aspect of the Trinity known as the Superconscious Mind of Infinity. It is here; in direct experience of the Superconscious mind that we awaken the knowing of the ‘I’ (that we believed was the egoic ‘me’).

This merging of the Trinity happens through **four stages** that might take several years to unfold or many lifetimes. It all depends upon the ripeness of the soul (how ‘ready’ and willing the soul is to ‘learn’). **Learning happens through the willingness to love and forgive.** To forgive means to ‘give forth space’ into the conditioned ego also known as acceptance, surrender, self-compassion, understanding and ‘seeing’ into what-is.

We are all composed of three parts that are really one. It would be best to use the psychological language for this Trinity as it would make it simpler to understand.

The Trinity is composed of three aspects of mind. First we have the **conscious mind** which we believe is all we are composed of, such as the daily surface life of the ego and world we experience daily. This conscious-mind is limited and shallow and is oblivious of why it does what it does and thinks the way it thinks. It tries to figure out life by what it has experienced in the past. It believes without question whatever it has been subjected to. It tries to solve all its problems by figuring them out through its limited knowledge. It is easily controlled by its own thinking process and also

makes real every feeling that arises. It rarely questions itself. Life to the conscious daily mind is what happens 'out there.' It is conditioned to believe that there is an 'in-here' and 'out there.' And, as a result, it is convinced that one is a personal individual separate from all others. The vast majority of people live from their conscious-mind and very seldom go deeper. If you ask an average person, "Who are you?" the usual reply involves giving name and occupation. The felt-sense of 'I' is 'me' to the conscious-mind.

As a result from living through the conscious-mind alone you reason, think, perceive and desire through the personal limited 'I.' This limited 'seeing' creates difficulties such as frustration, confusion, perplexity and deep-seated fears and anxieties. This shallow separate living carries with it the great burden of guilt that has emerged from the living questions such as...

*"I don't know who I am?"*

*"I feel I am missing something."*

*"I feel I am not good enough."*

*"There is a dreary feeling that won't let up."*

*"I want love but do not know what it is."*

This guilt is further compounded by the unconscious fear of death. In fact we avoid knowing anything about death. This avoidance creates a deep restlessness and need for forgetting by giving in to pleasure whether it is smoking, drinking, partying, masturbating or a hundred different things to indulge the body and emotions thus forget temporarily what we can't forget. Of course, all this is being carried on unconsciously. We develop passions for any activity to make us forget. However, the inner nagging fear doesn't go away because you are totally immersed in the belief that you are the body.

We start to move away from the conscious-mind's shallowness gradually by taking better care of the body through conscious nutrition, exercise, better eating habits, care for the environment and knowledge about the body. And, it is at this stage that we start seeking for answers to our life. No matter what we do, we feel stuck because it is still 'our life' rather than LIFE itself.

Problems, unresolved questions, confusion, frustration and our vicious circle 'force' us to go deeper. We start learning about the deeper aspects of mind which we call the **subconscious mind**. We start gravitating towards

the empowerment of our mind through such subjects as ‘The Law of Attraction’ manifestation, personal empowerment, and the solution of personal problems.

Here we learn something precious and it is this -- **the subconscious mind doesn’t know the difference between what is real or unreal.** It simply creates whatever we believe. The real power comes from the subconscious mind. It is the subconscious that keeps our heart beating, maintains our health or illness of our bodies according to how we believe and think. It manifests the world we experience. It attracts to us whatever we believe is real. Most people have been attracted to the movie ‘*The Secret*’ and became frustrated and confused by not being able to manifest what they wanted as ‘The Secret’ suggested according to the Law of Attraction. **They didn’t realize that the conflict between conscious mind and subconscious is what creates most problems.** For example, I had a client who became so confused and frustrated because he never attained the success he wanted. He read the book ‘*The Secret*’ many times and tried to follow what it suggested but to no avail. One day he came to see me regarding this ‘problem’ and discovered, during a Supersentience one-on-one session, that he was afraid of success. His conscious mind desired success with a passion but his subconscious was conditioned by fear of success.

Our life is a perfect picture, with all our feelings, emotions, beliefs and experiences, of what the subconscious is triggering beyond our awareness.

**When we start becoming aware that we are the result of what we have been telling ourselves subconsciously,** we also start awakening a deeper knowing of this powerful staggering ‘I’ we really are. All our psychological suffering is the result of conflict between conscious and subconscious mind.

How often I have heard people say, “*I really want to grow spiritually but instead keep getting stuck.*” The conscious mind might be sincere in wanting spiritual growth and clarity, but the deeper part of the subconsciously might be harboring a fear of losing the egoic ‘I.’ This conflict between the two aspects of mind is what causes all emotional pain. The subconscious mind has two aspects to it – **creativity and memory.**

Once we start seeing that the subconscious mind is influenced by thought and feeling and manifests that ‘reality,’ then it is here, that we start truly ‘looking’ into the way we keep telling ourselves how limited we are,

how weak and frightened we feel, how insecure we look at life. This inner dialogue, which goes on unconsciously in our thinking, highly influences our life and manifests it accordingly. We are a result of what we have imbedded in our subconscious mind.

Through this seeing of what we have been telling ourselves, we see how much suffering we have caused ourselves. In fact, how your life is now is an exact replica of what you have been telling yourself. **All our dreams, fears, anxieties and so on are what you have been telling yourself.**

When you discover this great step then two things happen...

You either feel so guilty and bad about it that you reinforce the 'evil' even further. You become afraid of being afraid and you start fearing your future fearing...you fear what you might be telling yourself next. In other words, you become an emotional vicious circle. Or, you take the next important step called FORGIVENESS!

Forgiveness is a giant step forward to the evolution of the 'I.' you start forgiving yourself for the thoughts you have been previously indulging. In other words, you start taking responsibility for your thoughts. This is a giant leap in consciousness growth. When this forgiveness (self-compassion) towards your thinking happens then you start feeling a release, an inner freedom and greater joy in your life. Your love will start to blossom without really doing anything about it.

This forgiveness will take on a life of its own by seeing clearly that you are 100% responsible for the way you see things. This forgiveness will grow so that you even forgive seeing others in limitation. You forgive yourself for everything you see, judge or experience that is not 100% loving.

In a few months, having acquired this forgiveness 'habit' you start having insights into what and who you really are. At this point your subconscious starts moving into its higher counterpart known as the **Superconscious** stage. Once activated, this Superconscious stage, which is experienced as Inner Silence, Peace, Love and joy, will make you see, for the first time, that this 'I' you believed was yours is really Oneness itself – the God within you. You have transcended all superficiality and know what is real and truly important.