

# Thinking Consciously

## Presented by Mary Neilson

“No problem can be solved from the same level of consciousness that created it.”

**Albert Einstein**

# The Truth about Consciousness

Speed	When/Where Mainly Observed	What they mean
0.5-3.5 Hz	Deep sleep or coma, also prevalent in infants' brains	Brain doing nothing
3.5-7 Hz	Dreaming sleep and in children of 3-6 years	Episodic information passing from one area of the brain to another
7-13 Hz	Adults or children aged 7-14 years	State of relaxed alertness
13-30 Hz	Adults only	Concentrated mental work
40 Hz	Conscious brain either awake or during dreaming sleep	Credited by Singer and Gray with perceptual feature binding

Previous technology available EEG

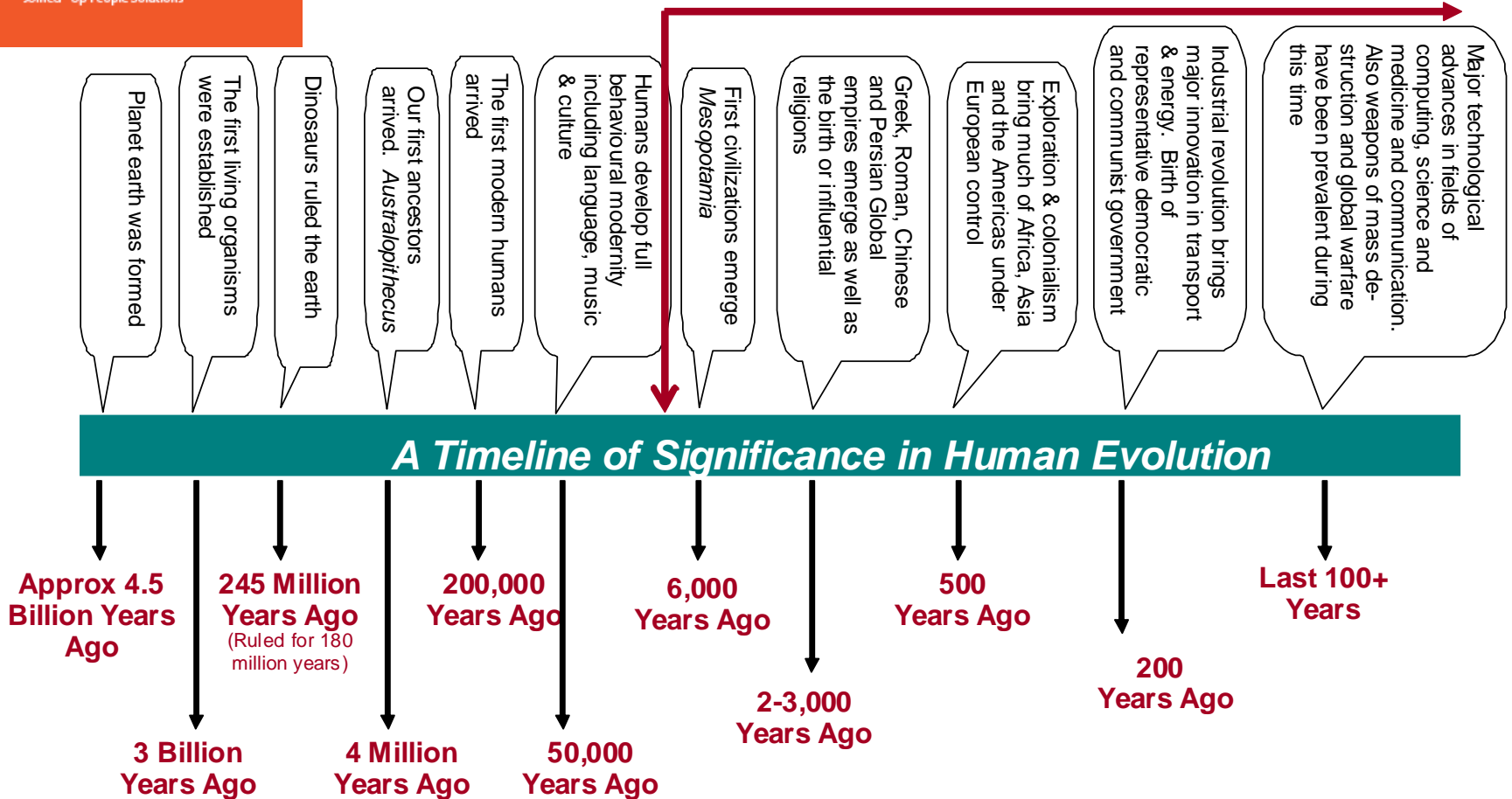
Now MEG Magneto – Encephalography – introduced in late 1980s

# Talent for Business

Joined - Up People Solutions

Last 12,000  
Years

**Holocene Extinction:** Human civilization has led to destruction & pollution, producing an on-going mass extinction of plants, animals, mammals, birds, amphibians & anthropoids, primarily in rain-forests.



# Levels of of Consciousness

<b>Consciousness</b>	<b>Behaviour</b>	<b>States of Consciousness</b>
Not-conscious	instinctual, follower, narrow focus on priorities	awake
Subconscious	habitual, robotic, reactive	awake or dreaming
Conscious	aware, intelligent, conceptual, reflective	witnessing awareness (awake or asleep)
Superconscious	intuitive, guiding, truthful, loving, universal	total non-dual immersion (oneness)

# Stages of Human Development

**Ego-Centric:** - Aggression, be and do what you want regardless, status, power  
(Self-interested) + Passion, courage, boundaries, risk-taking

**Ethno-Centric:** Life has meaning, direction and purpose, fit in, follow the rules,  
(Care for others) discipline, faith, deferring gratification, impulse control, rules,  
roles

**World-Centric:** develop our rational self and IQ, seek inner peace within caring  
(Feel connected to everyone and everything) communities, we have concern for ecosystems, social justice,  
tolerance, concern for survival of human species, address toxicity  
and increase our EQ (Emotional intelligence) and SQ (Spiritual  
Intelligence), decrease in fear, increase our complexity of thought.

**Cosmic-Centric:** Deep experience of oneness, joy, awe and a profound  
(Universal Human) connection to all that is

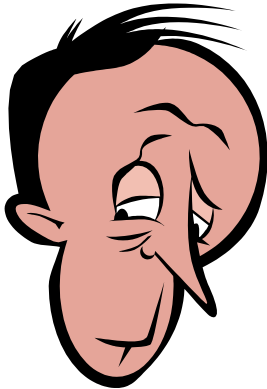
For more information see Spiral Dynamics by Don Beck and Chris Cowan

# Ego-centric self

- Ego\* is the part of us that is
  - Fearful, angry, separated from others
  - Likes drama, victim roles, aggressor roles
  - Thinks of “me” as a body
  - Necessary to function in 3<sup>rd</sup> dimensional reality
    - Practical but prone to overreaction
  - Initially resists personal growth (likes being in charge!)
- Synonyms: Personality self, selfish side, lower self, separated self, earthly self, etc.

\*not Freud's definition – Ego as used in spiritual literature

# Ego Voices



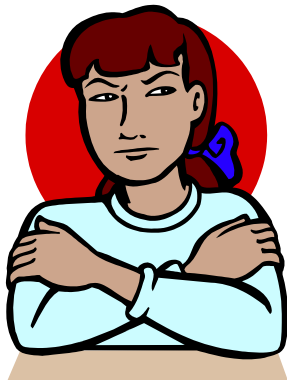
Victim/Martyr



Alarmist



Worry Wart



Threat Perceiver



Internal Critic



Attacker

# Ego-centric is USEFUL

- **Moves us from naiveté to safety**
  - **Provides necessary warnings**
- **Helps us fit in**
  - **Manners, hygiene**
- **Worries about outer world competence**
- **Helps us set boundaries emotionally**

# The Problems of Ego-centric self

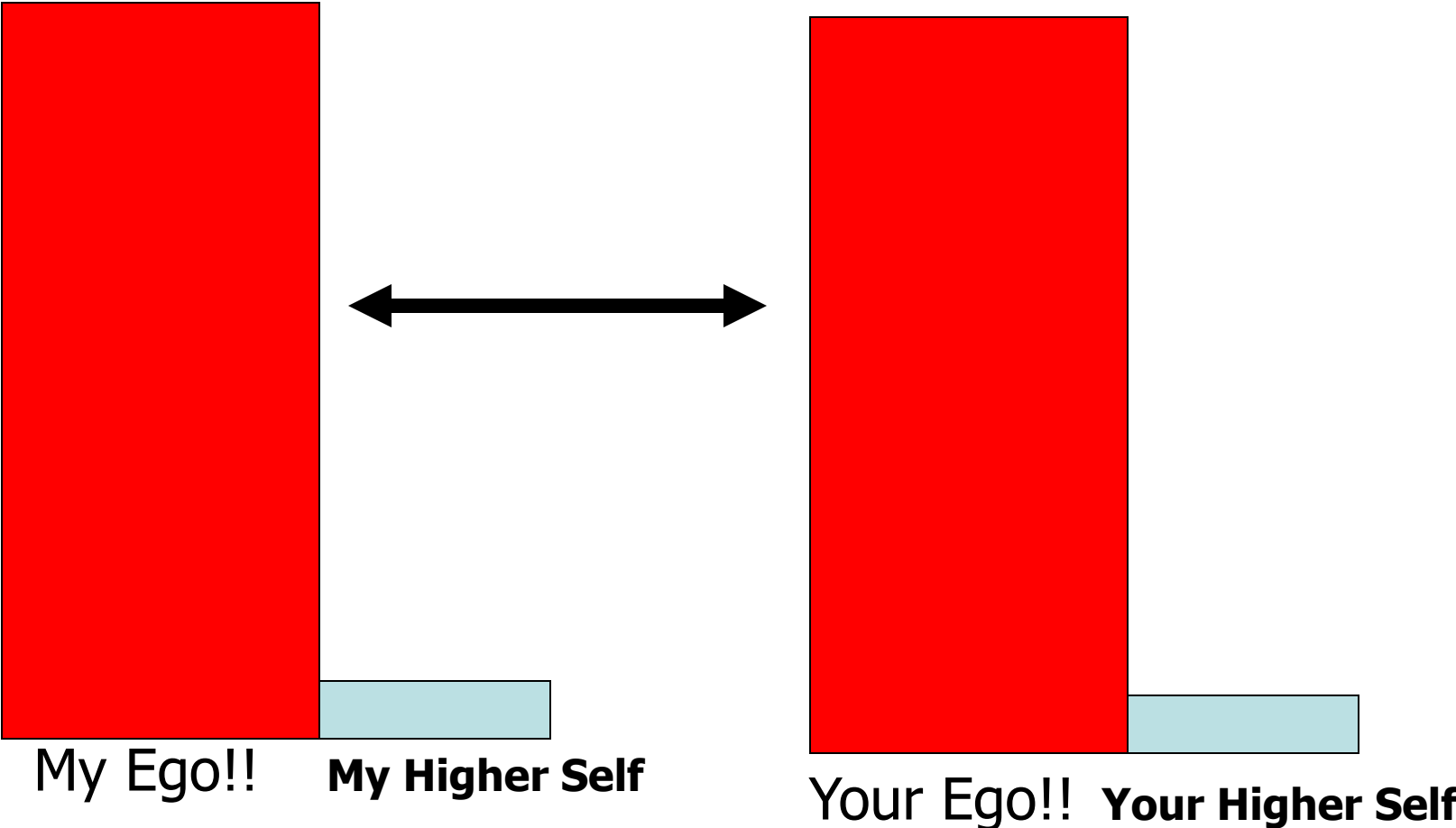
- **Puts HUGE filters on our perceptions of reality**
- **Focuses on the past or future where we are powerless**
- **Wants to believe it IS you...that there is nothing else**
- **Becomes defensive when you try to move beyond it. Barriers can include: addictions, distractions, physical symptoms of anxiety/fear, self-sabotage**

# World and Cosmic-centered Self (Higher Self)

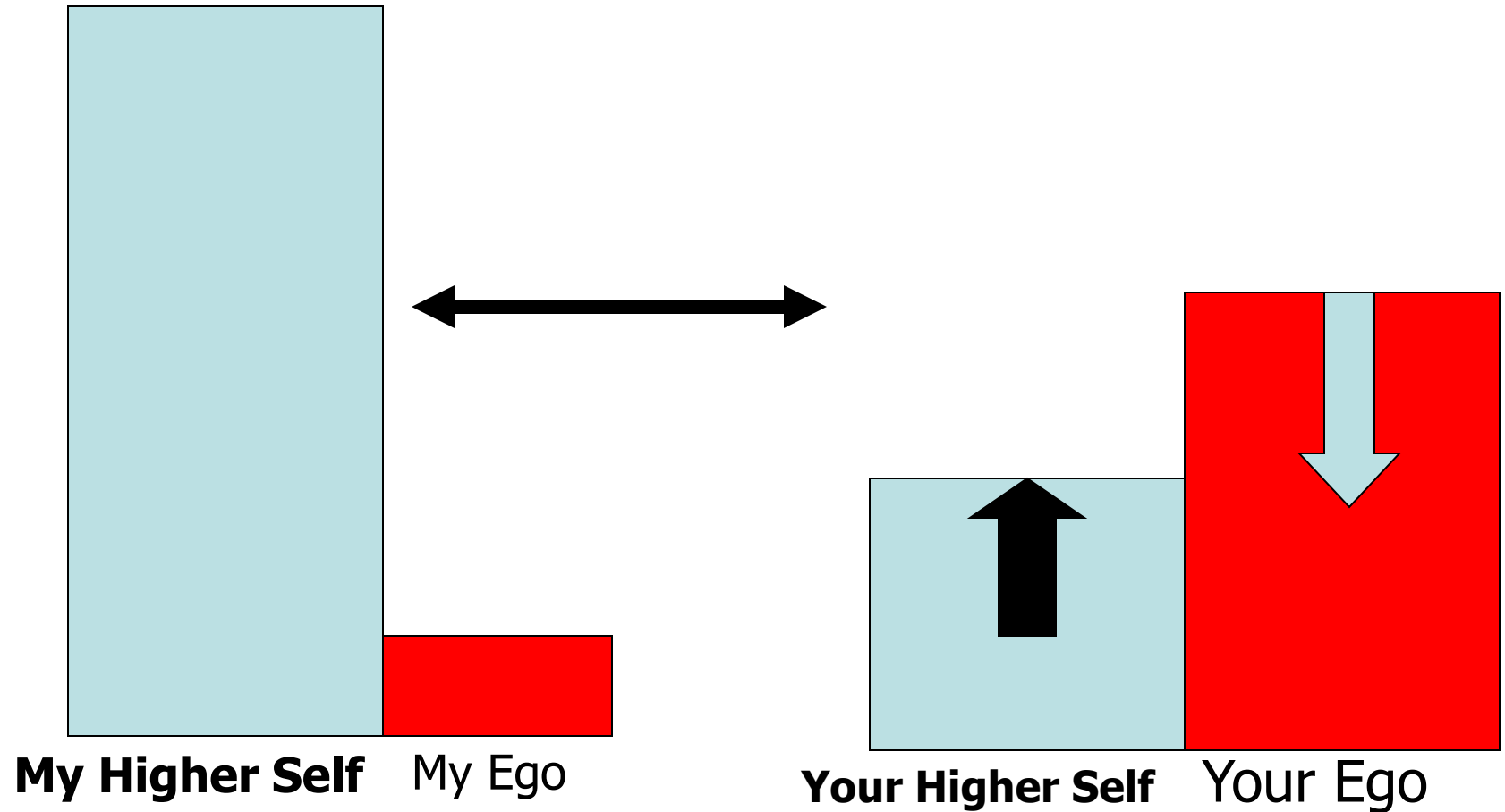
- Higher Self is the part of us that is
  - Eternal, fearless, compassionate, wise, peaceful, deep joy
  - Seeks UNITY with others and Source/God/Universe
- Synonyms:
  - Soul, Spirit, Buddha nature, Christ Consciousness, Essence, essential self, core self, True Self, the Dao within...

- **Higher Self**  
is about Unity, Connection,  
Service, abundance, Long-term  
thinking, Win/Win/Win solutions
- **Ego Self**  
is about Separation, isolation,  
self-protection, scarcity, short-  
term thinking, win/lose or  
“quid pro quo”

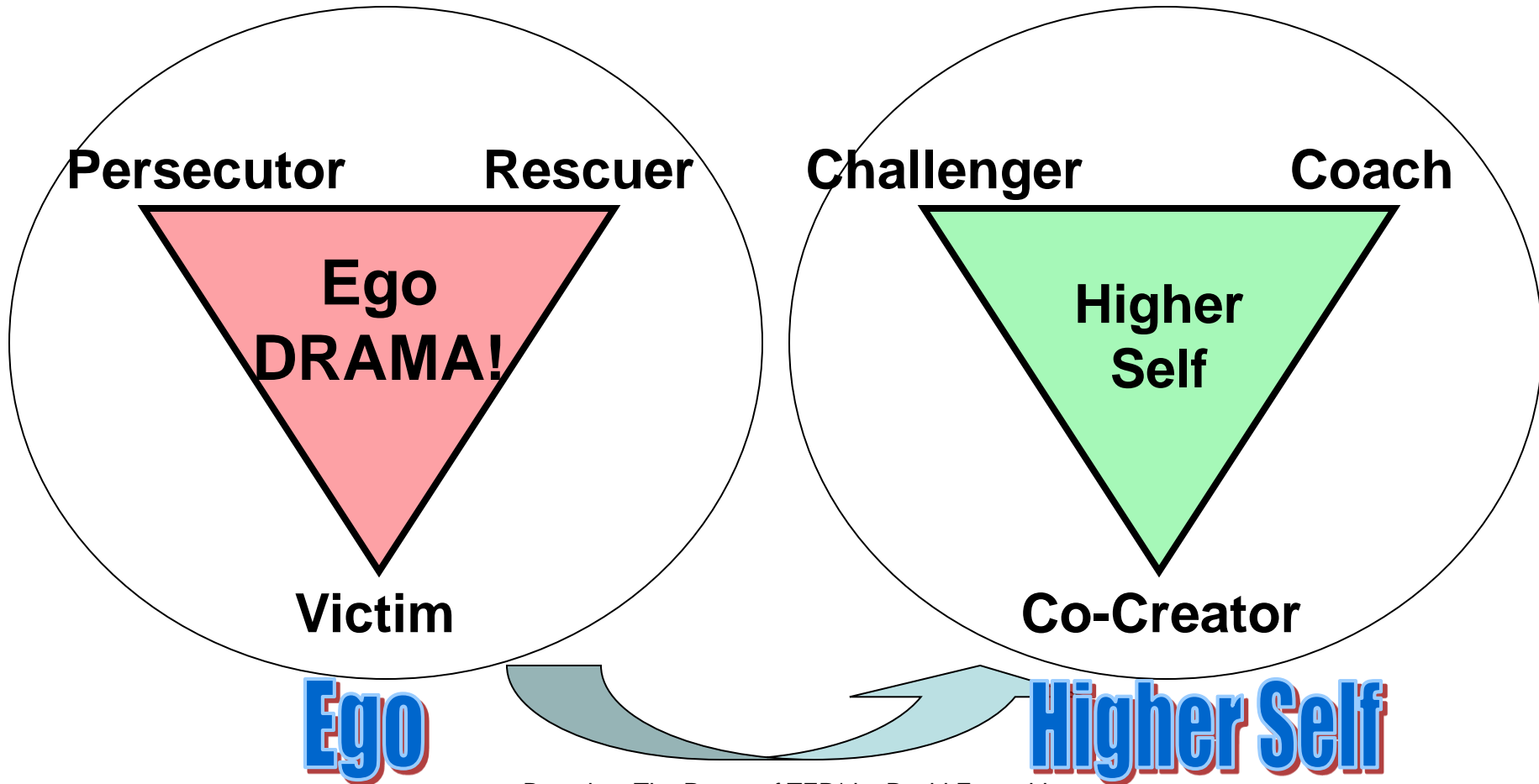
# UN-Conscious Behavior



# Conscious Behavior can activate Conscious Behavior



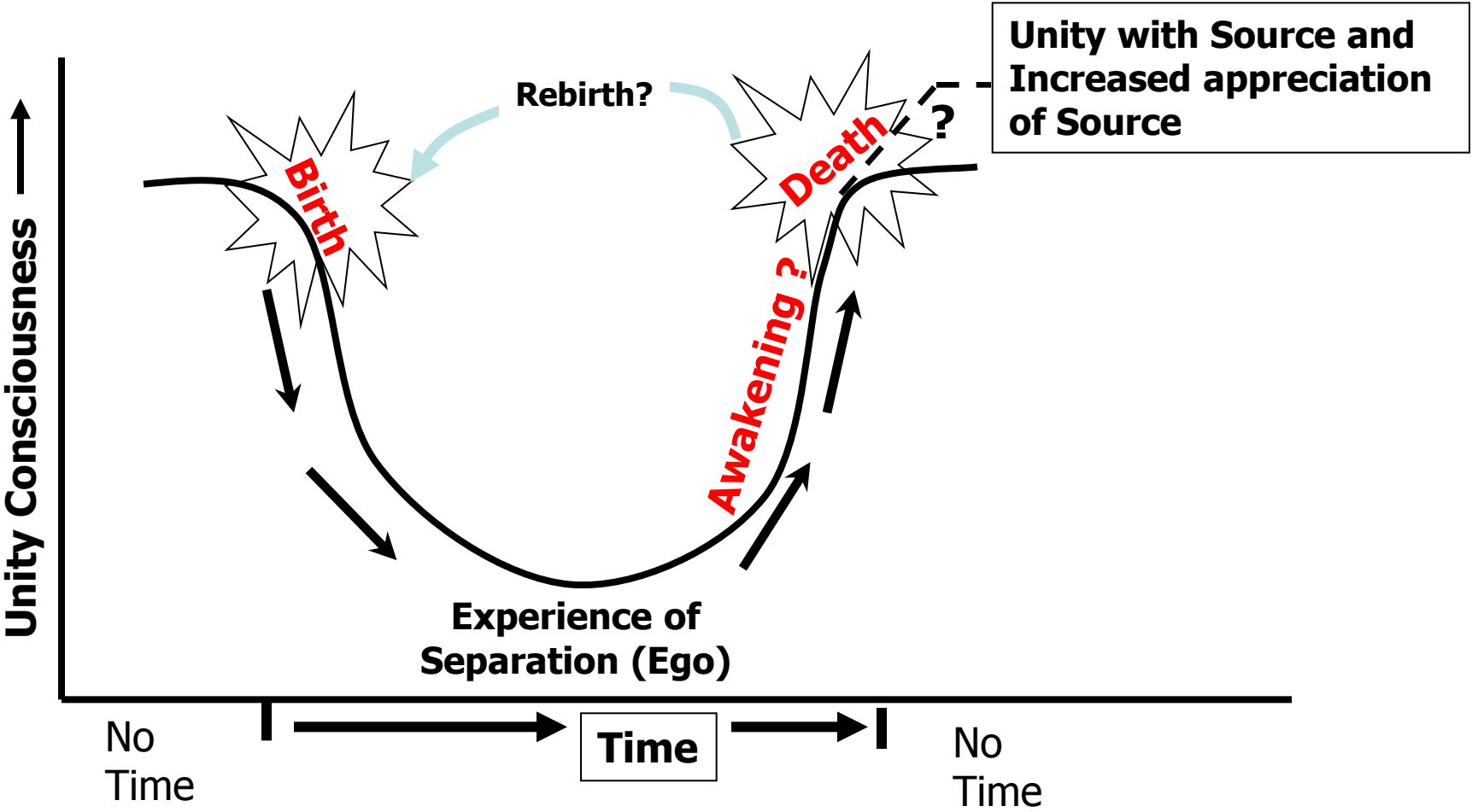
# The Drama Triangle & its antidote!



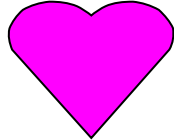
Based on The Power of TED\* by David Emerald

\*The Empowerment Dynamic

# A Spiritual Graph of Life



**Thank you for listening.**

May the rest of your day be peaceful, loving  
and conscious 

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