

## **Journey of Consciousness**

Consciousness is an energetic field that stores the information we need to think and speak. This is the DNA of our brain function. With the help of consciousness, we are able to think analytically and process information.

Together with the senses, the mind processes and determines what we feel and perceive at any given moment in the face of everything that happens to us and that surrounds us.

Our abilities depend on the level of development of our field of consciousness. There are different types of fields of consciousness. As an example, I will mention the creative consciousness. With this, we are able to formulate, for example. Another is memory-based consciousness. With this, we are able to memorize and read information from our memory.

With the help of consciousness, we are able to tune in, select the fields of consciousness, and channel them. Channeling is a mental journey from one field to another, where our brain is able to mentally adjust to certain frequencies, certain brain waves. Here I would like to mention that there are altered states of consciousness (sleeping, hypnotic, meditating) and waking states.

Through a journey of consciousness, we can get into realities that only exist in the world of thoughts. There is no action and material manifestation here. This is a wealth of possibilities. It is the probability potential that is a prerequisite for creating real life.

During a mental (consciousness) journey, we can perceive visual or lexical information with our consciousness. With our thoughts and words, we travel our consciousness through the world of possibilities.

You can imagine your life as an open book that you have written with your consciousness. We people are the ones who choose the scene and who write the story. Our thoughts and words have power because we create through them on the path of our lives.

Our decisions embed our ideas in the real material world. We humans are there, with the power of action, the creative force.

If we nurture love for ourselves and others, we will be able to create a positive space and receive a positive response from the universe. Then we are supported in all areas of life. Conversely, when we send negative feelings to others, we attract negative events for ourselves. So our life becomes a struggle and we are expelled from the world of love. This is the "roller coaster" that accompanies us throughout our lives, in which the power of opposites, yes and no words compete with each other.

Based on our actions, we can draw instructive conclusions. We can think about what would have happened if we had attracted different events into our lives or if we had been completely different from what we imagined during our consciousness journey. What if we lived our lives with someone else, for example. We can also ask ourselves what our lives would have been like if we had chosen a different field? Do we have other options in life or are we predestined for the events that happen to us? Most of the time, the heart dictates and the mind directs. The heart says I do what I love, and the mind often tells me to go somewhere else, because that is not your ability, the

better for you. Life opportunities are lined up and it depends to a large extent on you, on your decision to become who you become.

Many people tend to confuse the mental realities they create with the real material world in which they live. Reading books, mobile phones, using the Internet, and TV all create virtual realities and make you go on a mental journey. In our modern world, these tools have the greatest impact on the field of consciousness. They greatly influence our decisions and who we become as material beings and creators.

TV and radio programs, characters or events are able to become the castle of our dreams, the target of our goals. Therefore, it is important what we channel for ourselves, because we can become what our conscious journeys do to us.