

## Personal Consciousness And Collective Consciousness

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### Greetings of Maitreya.

Let us today talk of **Consciousness**.

What is *consciousness*? It involves awareness, but is far deeper, far more significant than awareness.

Let us give you an example: you are *aware* of those seated around you. Some of you may be even aware of the slight movements each one is making; some may be aware even of the *slight* emotional movements of the faces of those around you... but *how* many of you are *conscious* of the thoughts running through their minds? How many of you are *conscious* of the kind of day that they could have had as revealed by the energies they are emitting, currently?

That *depth* of awareness is what Consciousness is all about.

You have all attained a significant level of awareness. Some have even attained a level of consciousness of Self. But it is time to move *beyond* that... To Expanded Consciousness.

There are 3 levels of Consciousness.

The 1<sup>st</sup> level is **Personal Consciousness**, where you are not only aware of your words and your actions but you are aware of the *thoughts* that run through you. You are aware of the *beliefs* through which you are functioning. That is Personal Consciousness.

And many have reached a significant level of personal consciousness.

The 2<sup>nd</sup> level is the **Consciousness of the Earth**. The consciousness of Earth as the Creator and the Holder of Life as you know it and Life as you experience it. There are *fewer* who have attained any significant level of Earth Consciousness.

Earth Consciousness is becoming aware of the plants and the energies that they emit; of the animals and their language of silence... and yes, also of *human beings* and how each human being that you are in touch with, is emitting certain energies which you are reacting or responding to. Earth Consciousness is also becoming aware of the *shifts* and *changes* taking place in the Earth's Energy System, becoming aware of the modifications and healing required due to these shifts.

The *deepest* level of Consciousness is **Group Consciousness - the Consciousness of Humanity as a whole**. There are *extremely* few alive today who are actively in tune with Group Consciousness – what you have called Collective Consciousness.

And yet, this is the *most* significant of all levels. Personal Consciousness stems from Group Collective Consciousness: *who you are and what you believe in, how you have been conditioned* stems from the Collective. If you are *not* aware of the Collective, you will not be aware of *how you have been influenced* by the Collective. **And then try as you might to make changes and shifts and transformations in yourself, it will be *difficult* because the Collective will *continue* to affect you because you do not *know* that you are being influenced by it.**

So the most significant level is Group Consciousness but it is the *least* tapped into, consciously. It is the *least* tapped into, *in* Consciousness Awareness. **Each one taps into the Collective Consciousness at every given moment in time.** And that is why you have called this **The Collective Unconscious.** But though you are tapping into that Energy, you are not conscious of *what* you are tapping into, nor are you conscious that you are, in fact, tapping into it.

So *many* of your reactions stem from the *conditioning* that you have been exposed to – *subtly* – through Group Consciousness. Group Consciousness is in a state of *constant change*. And were you to *become aware* of these changes as they are *initiated*, you would be, in a sense, well ahead of the game! But most human beings become aware of the changes *only* when they see a significantly large number of people around them manifesting and expressing that change; and so instead of *initiating*, you become the follower.

It is now time for groups like yours to *initiate* changes; just as Collective Consciousness *influences* Personal Consciousness, personal consciousness **can, and does,** influence the Collective as well. Each one, **each one who changes his or her belief system creates a ripple effect around them –which creates further and further and further ripples, thus causing a change in the Collective.** This is how Collective Consciousness *is* in a state of change *constantly*. But this change is *not* a change that you bring about at *Will!* Most often, it takes place without your *knowing!* We are now *urging* you to make the shifts at ***Will!* YOUR DIVINE WILL.**

**Choose the changes you would like to experience in the Collective Consciousness, and INITIATE those changes. Do not be satisfied to be followers of the Collective. Now choose to be initiators of the energy of Group Consciousness.**

In order to *do* that, you *must have the utmost command* over Personal Consciousness. There must not be a *moment* in the day when you are not *aware* of yourself at *every layer* of personal consciousness. Yes, there are *layers* of personal consciousness.

The 1<sup>st</sup> one is the *Physicality of the Actions and the Words.*

The 2<sup>nd</sup> layer is that of the emotions which *spur* you into acting or speaking the way you do.

The 3<sup>rd</sup> layer is that of thoughts which *bring on* the emotions.

The 4<sup>th</sup> and the deepest layer is that of *beliefs* from which *spring* the thoughts, which give rise to the emotions, which make you act and speak in the way you do.

**To have mastery over Personal Consciousness, you *must be aware of yourself at all 4 layers* –equally. If you are aware of your beliefs, thoughts, emotions and reactions/responses, you will *naturally* become aware of the Collective Consciousness that has given *rise* to the beliefs.**

Once you are able to tap into **Collective Consciousness** (if you wish, you may call this the 5<sup>th</sup> layer of Personal Consciousness), you will be able to *initiate the changes* you choose to make in that layer.

You have experienced changes in yourself over these last so many years. You have understood *some* of the beliefs that have *created* certain situations in your lives. You have become *aware* of *how* you think and *why* you think in a certain way. You are *in tune*- more or less- with your emotions. You are certainly, far more aware of your actions and words than you *ever were!* You are, therefore, at the right place and at the right time to become initiators of Group Consciousness.

But there is still work to be done in personal consciousness before you can make this shift *completely*. *Strive -like you have never done before- to BE the Master you are.*

To be a Master of Self does not *in any way* mean that you must suppress *any* desire. It does not mean repression or suppression of Self in *any* manner. Repression and suppression only mean that you do *not* have a full hold over yourself, and that is why you are trying to stranglehold a part of you that you *disapprove* of.

We are asking you to be Masters of Yourself. To understand the desires, needs and compulsions, obsessions, addictions that drive you. Understand these at the 4 layers of Personal Consciousness. Understand which of these layers of Personal Consciousness is more significantly influencing the need, the desire, the drive, the compulsion, the obsession, the addiction.

The day you can proudly say ‘I hold **nothing in my Beingness which I am not proud of**’, you have mastered yourself. When you can master yourself, Group Consciousness is *easily* open to you.

At present, beloveds, Group Consciousness is being influenced by most of humanity in *ignorance!* There are shifts and changes being made, yes - but not out of the *fullness of the Consciousness of the Divine that is You*. Certainly, there are some positive, productive changes taking place in Group Consciousness and *certainly*, these changes come from the awareness of the Divine. But in spite of these, **Group Consciousness is more ruled by the belief in human frailty than the belief in Divine Power.**

There are emotional *needs* and emotional *dependencies* and emotional *insecurities* that *plague* the Earth. As these get *stronger*, Earth Consciousness *gets weaker*. *That which you demand from others is what you demand from Earth!!* And you begin to *rape* her and *molest* her and *attack* her if She does not satisfy your *un-satisfiable* needs. For *what do you think* is apparent by demands made upon the Earth’s Resources –*constant* demands upon Her Resources... without ever replenishing them?

These demands are an expression of *emotional needs* at the Personal Consciousness level that remain unfulfilled. That which you cannot fulfil *emotionally*, you fulfil by money and power and food – in a word, *greed*.

*Consciousness of Earth itself* is  *sorely lacking* in the majority. If there was Consciousness of the Earth, you would understand that the Earth's Resources can *never come to an end!* The Earth has an Energy that creates and re creates itself *again and again and again* and again – it can *multiply* itself *infinitely*. The lack that your world faces in Earth resources is *not because there is no multiplicity of the resources but because there is no respect of the resources, and so the Earth consciously withholds her resources from you.*

Life – *human life* - has been created to go on for ever. And thus, all resources required for that *must go on!* But they can go on only when there is a *fair exchange* of energy between Earth, and life-forms that Earth supports. Animals respect the Earth. Plants respect the Earth. Human Beings constantly plunder the Earth.

And they plunder because they are attempting to fill up *emotional voids* that exist within! The *more of you* who continue to fill up these emotional voids, the *less* will the Earth open herself up to you. The *more* of you who continue thus, the greater is the energy of emotional voids within the energy of Group Consciousness; and as it becomes the Energy of Group Consciousness, it begins to influence *your* Personal Consciousness.

Can you see how inter-linked it is? How interdependent?

The *only* answer to this conundrum is to *deepen* Personal Consciousness. Do whatever it takes. Use whatever tools, methods, prayers that you wish... your only intent should be complete Mastery over Personal Consciousness.

We address groups like yours because we can that *potential ... to attain that mastery NOW!* We are aware that even as we speak, a lot of you do *not* consider yourselves *ready to have* that Mastery. But we tell you that you *are*. Let your *belief in yourself be supreme !!!* It is time, beloveds, to stop playing games with Self. It is time to stop wallowing. It is time to stop stating, “I don't know how!” It is time to declare, “I must. I will. I can.”

*Q: How can we gain belief in ourselves?*

Beloved, use *any* method that you should choose. There are *so* many. Some will use *contemplation and introspection*. Others will use *prayer and chant*. Others will choose *hypnosis and regression*. There are *more ways* than we can name here. *Whatever method works for you* at a given moment in time, is the method that you should choose. And, beloved, the method might *change as you deepen* your Personal Consciousness –so do not *hold on* to one method.

Be open to *exploring* new methods. *More than anything else, be open to Self-exploration*. When you are open to Self-exploration, the method that is right for you, the person who will help you, *will come before you, naturally*. But these can be helpful only to guide you to *start* the process. *There is no method, no human being*

*and no Master who can give you the answers that you will get from your Personal Consciousness.*

As we speak, we are conscious of the energy of trepidation that is *running* through you. Now, if *you were personally conscious of Self*, you would have instantly become aware of this energy of trepidation and you would have become aware that the trepidation comes from a **belief that you will not be able to do it!**

Change these non useful beliefs. Remain in a state of high alert: *high alert* to Personal Consciousness. Do not slacken! Not for a moment should you slacken. Not in times of glee and delight, not in times of sorrow and fear. Do Not Slacken.

The joyous news is that the more aware you are, the more aware you can be. *Truly it is only a shift in attitude; an attitude of ignorance or an attitude of Consciousness.*

*Q: What happens when you remove layers –you peel layers, and a niggling similar situation occurs and recurs and you can't ... hack it?*

It means that the *belief* has not changed. You may have addressed the 1<sup>st</sup> layer of Physicality -of Actions and Words; you may have *understood* and resolved the 2<sup>nd</sup> Layer of Emotional Content; you may have *understood* and worked with the 3<sup>rd</sup> Layer of Thought, but you have not changed the Belief and so the situation keeps coming again as a pattern –*however niggling and small it might be*- It Still Is Present. Address the Belief Layer.

*If* the situations you face are 'large', you must know that the Emotional Layer has not been resolved. *As* the situations become 'smaller', you must *know* that you are moving from the Emotional Layer to the Thought Layer *and finally* to that which some perceive as the *impenetrable layer of Belief*. When you are at the Belief Layer – and the Belief *refuses to change*, **turn your attention to the Group Collective Consciousness that is influencing the Personal Belief.**

*Group Member: Please explain this.*

The group Collective has a belief for *every* situation. You are *unconscious* of the Group Consciousness Belief System that has engendered *your own personal belief*. Become aware of that Group Consciousness' belief, and you will be able to change your personal belief as you *stop* being influenced by the Collective. Ask yourself, impersonally, "What is the Group Collective Belief System of this situation?" Let us make it simpler for you- what do **most people believe** of such a situation? That answer will lead you to *your personal belief*. *Then shift it.*

But, rememebr, if you haven't changed the belief here (*indicating heart*), it will not change here (*indicating mind*); and if it does not change here (*mind*), it will not change *there* (*indicating outside/environment*). One affects the other: Personal to Group, Group to Personal.

That is how you become an initiator of Group Consciousness Change. *By changing the Personal Belief! You become the stone that starts the ripples* that change the Group Consciousness' Belief.

**Greetings of Maitreya.**