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**2022 Topic**  
**Health, Happiness, and a Meaningful Life**  
*A Body-Mind-Spirit Training Course*

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Lesson 1: The First Step  
*Engage the Fullness of Your Mind,  
the Power of Your Attitude, and the Energy of Your Emotions*  
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*Engage the Fullness of Our Minds, the Power of Our Attitudes,  
and the Energy of Our Emotions*

John Van Auken

We begin this new year, 2022, with our membership course focusing on improving our health, finding deeper, enduring happiness, and greater meaning and fulfillment in our lives.

When scanning the Universal Consciousness and the Collective Consciousness for us, Cayce channeled there is "more to life than living it." Life is an opportunity to express and develop our better selves, be a help to others, and to grow in wisdom and understanding. Life is for *soul growth* while helping one another. Cayce also shared that being good is not enough, we must be "good *for* something." That means being good because goodness flows like light. Yes, have you ever observed how a tiny, nightlight can flow through the darkest room, illuminating it for us, our family, and friends? Living to be a light to ourselves and others is a higher purpose than just living and being good. To repeat, there's more to life than just living it and be good for a higher reason.

In this year's lessons and videos, we are going to read, hear, study, practice to become healthier, happier, and more fulfilled.

Here are 3 activities we need work on to achieve these goals:

**1. Engage the Fullness of Our Minds.**

The mind that we most identify with is not the entirety of our consciousness. It is only a narrowly focused portion that is designed to function in this present reality and with these present relationships. Cayce explained that "the attributes of the mind are a portion of the soul, as well as a portion of the material self." Our soul has its consciousness. There's a portion of our mind that contains the experiences of our soul with its thoughts, analyses, and longings. Our soul is that portion of us that lives *beyond death* and was *alive prior* to this incarnation. It is celestial, infinite in its perception, while we are terrestrial and finite. It is eternal while we are temporary, living eighty to a hundred years. Somewhat surprisingly, there is an even higher and more expansive portion to our minds, our superconscious. It is in touch with the Universal Consciousness or Mind of God.

In this course we are going to learn how to engage the *fullness* of minds, all portions working together to bring mental and physical health, happiness, and meaning.

**2. The Power of Our Attitudes.**

Cayce taught us to use our will-power to "keep in the attitude of *creative* forces. Keep happy. Do not let anxiety of any nature disturb." We can determine to be happy. He used "creative" in opposition to destructive. Too often we slip in destructive, negative thinking. Rather, let's be uplifting instead of down-putting. Let's be positive instead of negative. Let's be life-giving instead life-taking. Let's be helpful influence, a listening ear, an empath for those who are sad, confused, angry, depressed, and so on. An attitude of "I'm here to be a light and help to others, as well as myself" is POWER! I can assure you from my own life experiences that when I was blue or confused it was best for me to think of others than myself, and I always felt better



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afterward. Somehow getting beyond self and playing a role in others' lives heals self, comforts self, and lightens self's burdens.

Cayce asked us to consider how circumstances, conditions, and surroundings affect our mental attitude and how these affect our bodies. He wanted us to consider how self's attitude and outlook towards conditions and people shapes our disposition. He encouraged us to observe how the attitudes of others affect us. He encouraged us to avoid too much time around negative people. Avoid the human tendencies toward doubt, fear, anxiety, worry, sulky, and gloomy.

"To be sure, there should be rather that expectant attitude ... for unless there is the expectancy, unless there is hope, the mind's outlook becomes a drag, a drug on one." (572-5)

Attitude is a powerful determinate of *outcome*. For example, medical researchers tell us again and again that there is much evidence to prove that the state of mind, the attitude and emotions, and the expectancy of patients profoundly affects their health and healing.

"Keep the attitude that the physical body is the expression of *spiritual life* and influence, and when used in *a constructive* manner brings hope and cheer into the lives of others. This is a reasonable service, as an appreciation, as a duty, as an opportunity for expressing the divine in self. Be expectant in the opportunities." (808-13)

### **3. The Energy of Our Emotions.**

Now some believe that emotions should be subdued for they disturb more than they help. This is not the view we have here. Emotions expressed properly and decently fill us with energy and enthusiasm for living life and relating with others more fully, more honestly. Of course, too much emotion or too negative are not healthy. But when we have little to no emotion, we become cold and lifeless. Emotions expressed with good intention and in a genuine, natural manner energize life for us and for others. Laughter, joy, love, tears, sorrow, and wonder are all part of human life. There's a time to laugh and a time to cry, a time to be exuberant and a time to be blue. These are life in motion, in action and reaction.

Throughout this year-long course we are going get into these activities more deeply. For this first let's identify some steps we can take this month:

**1. Observe our 3-orb mind:** Conscious daily, Subconscious Soul, and Superconscious godly or angelic Spirit-Mind. Observe how wonderfully arranged our daily mind is for processing daily life. Consider how it grows through experience and education, through reading and listening. Then, consider how intuition and subconscious whispers help us succeed in daily life. Notice how we sometimes just know something spontaneously, how we pick up on people's vibes more than their appearance and words. And then, pull away from daily life and sit in a quiet place, reflecting on our spirit's existence in and with the Spirit of Life.

**2. Observe our mental state and attitude:** Through each day and night pause to take note of our mental state and attitude. Observe how situations and people affect our mental state and attitude. If we don't like our present attitude, use our willpower to change it. See how a change in attitude makes a big change in life.

Watching ourselves go through a day brings insights to the watcher. When situations and relationships cycle back around, we don't act or react in the same way because are now conscious of disposition and how circumstances and people affect us. Now we willfully modify our actions and reactions.



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**3. Observe our Feelings, Emotions, and Moods Changes.** Throughout the course of a day, we will experience an array of emotions – joy, impatience, frustration, contentment, sadness, anxiety, anticipation – depending on the events and how they have unfolded. Keep in mind that we are the physical expression of our genetic makeup. Even Cayce stated that emotions come from bodily activity, including past-life physical activity. Our childhood upbringing also influences our emotional patterns. Therefore, the way we experience, process, and express emotions is a result of both nature (genetics and upbringing or socialization). What this means is that emotions are a part of our genetic legacy and the combination of every experience starting from the day we were born. The way in which we express our emotion depends on our personality. Some of us express emotions openly, some keep them inside, to ourselves. Either way, our emotions have a major effect on our behavior. This includes our words, actions, and facial expressions. Emotional express also determines and affects how well we navigate your day-to-day life and relationships. "Know Thyself" declares the famous teaching. Observing our patterns of behavior and emotions leads to better knowing, which can then lead to healthier living – for us and those we share life with.

Now I've developed a worksheet to help us stay on track and track our progressive.