

Your Physical, Astral, Conscious and Subconscious Explained

By Estelle Roberts 2013

The last time we held a meeting one of our sitters caused Estelle a problem because she had made a statement which Estelle did not know the best way to respond to was.

And how are we today

I'm very good thank you. Yes, much improved.

You are much improved. Well that's good because you have caused me untold problems since last time we met you know!

Have I? How so?

Yes. I had to go back to the Halls of Learning to find out how I can explain to you some of the things that I found inconceivable to understand.

OK. What was that?

What was that! The lady doesn't even realise the problem that she has caused me. We all know don't we?

We have a pretty good idea.

No, well you asked the question last time we were together. Well in fact you've asked it before, so it wasn't only last time, because your brain cannot perceive the point of conscious, subconscious, soul, astral and all of the above and more.

Oh yes. That's right.

Yes. You think as an individual we have seven different parts of our being that we have to utilise and we jump from one to the other. Well that's not the case. We had a talk at our other meeting, you weren't there because it was at our teaching circle, so therefore it's absolutely superfluous to tell you that we had a talk last time isn't it?

That's right.

Yes. Young Henry (Roy's guide) gave an exceptionally good appraisal did he not?

Yes he did.

You are spirit. Do you understand that concept?

Yes. I know that I am spirit.

Right. So you are spirit contained within a physical body. So your spirit is the essence of what motivates the physical body. You remove the spirit and the physical body fails to operate in the manner that it did before. In fact it returns to Mother Nature. It returns to dust. It has a few problems in between and the worms take over, but in essence your physical body is a previously utilised and used machine.

So what mechanism is used to operate this machine? The answer to that is spirit.

Alright, what is spirit? Spirit is the essence of what motivates the electrical pulses within your brain. It is not separate. It is what motivates it. Do you understand?

So therefore your spirit is the motor mechanism for your physical body and it does this through the brain which is contained within the physical body. So therefore it transmits signals to your brain which then can be used by the machine called the physical body. Do you understand that part?

Yes.

So therefore spirit motivates physical.

Is that personality?

No. Don't jump too far. I am going through this logically.

You as an individual were an individual prior to occupying your physical. You were an individual prior to occupying your astral. So therefore your astral is no more and no less than your physical body. It is merely on a different vibration and therefore it is motivated in exactly the same way. Your being, you as a being, motivates astral. Do you understand that concept?

So that's my spirit.

No, your spirit motivates your astral body. Your astral body is incorporated within your physical and your being, being you, is what motivates both of them. Alright?

Now your conscious, your subconscious and your mind, in essence are exactly the same thing. It is the mechanism in which your being allows itself to be expressed.

All your mind, all your memories, are held within your subconscious. That's the computer within your being. It's not within your brain. Your brain is merely a machine or a mechanism which the machine is utilised by. It is used to activate mobility. Your brain has no memory. Your brain has no capacity of thinking. I'm talking about your physical brain. What activates it is your being. Your spirit activates it.

Now your conscious and your subconscious are varying degrees of your memory capacity. We all have memories. Some are in the foreground. Some are in the background. Those that are in your foreground you would classify as your conscience being. Your memories are further back in your computer memory bank and that is your subconscious, but it's all part of the same being.

So you have your actions which are now, you have your conscious which is what motivates your actions now and you have your subconscious which is the memory bank of all past activities.

Of other lifetimes or just this one here?

The subconscious contains all memories from time immemorial but there is a shutter should we say, which is brought down and you can't access it. You need the password codes so to speak. And what happens is when you come to the Earth Plane the memories of your life within the astral sphere, your previous existences, your previous visitations should I say to the Earth Plane, are all stored within your subconscious, but it is not stored in a place which can be accessed while you are upon the Earth Plane.

What can be accessed is your memories and the information which has been given to you on the Earth Plane and at times you get a short-circuit and that short-circuit is the connection between your subconscious which should be accessed and your subconscious which should be hidden. That's when people get what they affectionately call flashbacks. But in a perfect world you should never ever be able to access that until you are in the astral sphere and you have advanced to the point where these memories can be re-energised without affecting your being. The memories are always there. It's just that they are cloaked until you are in a position to accept them without it affecting your advancement.

So when you leave the Earth Plane you do not have any understanding of what occurred on previous visitations, or when you were in the astral sphere before you came to the Earth Plane. When you leave the Earth Plane you have the memory and the knowledge that you acquired whilst you were upon the Earth Place that visitation, no more, no less. Then as your guide and mentor takes you forward and feels that you are in a position where you can accept and understand then more of the clouds, the barriers, are removed from your subconscious.

So your conscious and subconscious are very merely depths of your filing cabinet, so to speak. They are all the same. It's just that one is further back than the other. But the one thing that is in your subconscious is the nature of your being and that is brought forward from your previous existence, your time, your previous lessons, so when you come to the Earth Plane you have the ability to behave in the manner which you had advanced or not advanced to.

So that is why people are different. All babies are not born equal. The physical body might be equal but the being which is inside that physical body has a lot of baggage that they

have brought forward from their previous existences. So therefore if you were an angry person, when you re-enter the Earth Plane, you still have that anger within your being. If you were advanced and a being of love, well that essence of love is within your being.

Are we to purify ourselves while we're on the Earth?

What you think you're here for dear girl! That's the whole point!

To purify the thoughts. The thoughts that are constantly flooding...

That's what you've got to purify. The thought and the action because action is motivated by thought. Thought is you. That is what you take forward. Thought is how your being allows itself to be felt within the physical.

So these thoughts, are we to question them?

Of course you've got to question them because sometimes the thoughts can be put in by other individuals. There's a lot of people over here who are not all sweet and roses you know. There are some people over here who are jolly nasty!

So how is thought projected to our mind?

Your mind if you look at it that way is a computer, a computer program and therefore your thought is merely the program which is required to spark it into life. Do you understand that connection?

Not quite clear on that.

How can I put it in another way? Your thought can be one of two things. Your thought can be from a memory that you have. Your thought can be from your guide who is trying to help you and the way that your guide tries to help you is they implant a thought into your mind, into your conscious or subconscious and if you listen you hear it. Now if you act upon it, then you will improve because your guide will only give you the right information, but then we have a problem.

Over here we have a lot of people who love to be mischievous and they will put negative thoughts into your mind! That's when you have to be better than they are. You have to say that is wrong, that is not what I should be doing and therefore cast it out. So not all thought implantations are good. Some of them are jolly negative and you know within yourself don't you, if it's negative or not. You can feel it within your heart can't you? You can feel it whether it feels right. Yes? And that is your guide assisting you because if you haven't got the gumption or the advancement to understand yourself, then it's your guide's job, duty, to transmit that feeling within your being.

And to simply cast it out is to simply dismiss it?

If it's negative throw it away! You don't want it! It's rubbish! And what you do with rubbish? You throw it in the bin! And that's the problem. We don't throw it away do we? We keep it coming back. We keep bringing these negative thoughts back in to our mind.

It takes a lot of practice.

Of course it takes practice! Nothing said life was meant to be easy! My word you wouldn't be on the Earth Plane if it was meant to be easy dear girl would you. The Earth Plane is a plane of problems. Yes. Even my little friend (*another medium*), she has problems doesn't she?

Yes she does.

But she does understand. She doesn't like it! She thinks the same thing as I did! I'm a jolly medium! I shouldn't have all these problems! Yes. I'm doing the work for the Great Spirit and therefore all these problems should be taken away! But it doesn't work like that! They say well you have the advantage over most people and therefore if we give you a problem you should know how to overcome it.

And how do you overcome? Just see it in love and light?

You have to live by the teachings. You've been given the teachings often enough haven't you? Yes you've been told you have to live in love and understanding and forgiveness. Love. Understanding. Forgiveness. Three rules and if you can follow that in anything that you are doing, well then you will achieve far more than was expected of you on this visitation.

Have I given an adequate explanation?

You have indeed.

Have I cleared the fog?

Yes you have, the fog has lifted.

I tell you it did cause me a lot of soul searching because it's a problem that we have quite often when we deal with peoples of the Earth Plane. When you have a problem or somebody brings a problem forward which has never been part of your thinking, it's very difficult to then explain to somebody how to overcome it, isn't it? Do you understand?

It's just seeing it differently.

Yes because you've never looked at it in that way and therefore I accepted it as my fault, my problem because as a teacher I should be able to explain. I've been on this journey of helping people for an awful lot of years haven't I? You think I would have come across all the questions wouldn't you? And therefore having had that experience I should be able to respond instantaneously. So you gave me, as they say in baseball, a curved ball.

Sorry it was all my fault.

No it is quite alright. It wasn't your fault. It was my fault because I should have known, but I had fun finding out. It's not often that I have to go back to school, but we all do have to do that occasionally don't we? We all learn. Not one of us are the essence of all learning and understanding. If we were we wouldn't be jolly well here, would we? We would be up in the higher levels of vibration.

*Estelle Roberts
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