

# The Four-Minute-Window

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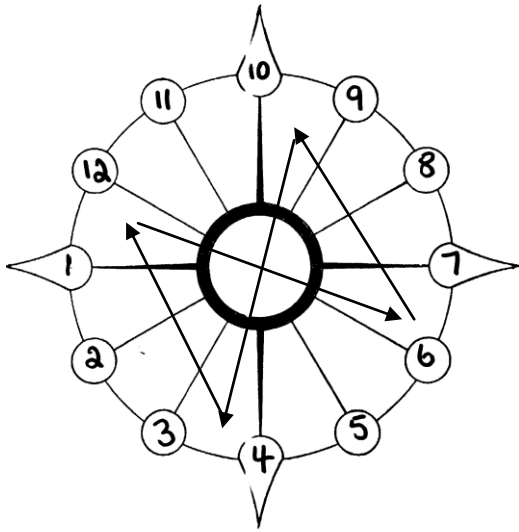
Superconscious  
Mind  
9

Subconscious  
Mind  
12

Unconscious  
Mind  
6

Conscious Mind  
1

I want to share with you a concept, a simple technique that has helped me (and others) cope with the creative energies of the mind for I'm sure you've heard the line: *what you fear you'll attract...*



The wheel you are looking at is a process of thinking that I've 'work-shopped' with my Astrological Students and use it, for myself every waking moment. Let me share it with you.

There are four environments that I'll elaborate upon later, for now, let's look at the direction of the 'arrows' coming from position three moving towards position twelve then to position six to position nine and back again to position three.

I'm going to introduce and name these 'environments' and in doing so help 'generate' positive and constructive thoughts in order to bring about the things we desire, fear or dwell upon. First of all there's what I call the Conscious environment (position three) sending signals to the Subconscious (position twelve) to the Unconscious (position six) then to the Super Conscious (position nine) and back again to the Conscious environment (position three). I've other names for these environments and we'll come to them in turn, but for now let's keep things as simple as possible for I'm a great believer in '*keeping it simple*' and if something works for you keep at it...

If we build on the premise that our thoughts are 'generated' in the 3<sup>rd</sup> sector and if we consciously 'entertain' this thought or fear for longer than four minutes it's 'sent' to the 12<sup>th</sup> sector, where the Subconscious Mind acts upon it and begins the 'creation' process by sending its 'signal' to the 6<sup>th</sup> sector (Unconscious Mind) then processed or analysed by the ninth (Superconscious) and sent back to the third (Conscious Mind), all happening in a nanosecond. At this point I'd like to introduce some new '*words*' to explain these sectors with position three being re-named the 'Mental Environment', position twelve the 'Soul Environment', position six the 'Physical or Earthly Environment' and position nine being called the 'Spiritual/Universal Environment.'

In this way I hope to explain the process of what's going on, for the Subconscious Mind is the 'servant' of the Conscious (never the other way around) and like every good servant it will do all that it can to bring its master what he or she wants. When we are *in* our Mental (NOW) environment it's important to think as confidently and as positively as possible for when we 'entertain' a thought, desire, fear or fantasy in this sector for longer than '*four minutes*' it's 'sent' to your '*servant*' in the 12<sup>th</sup> who, for the want of a better word, *instructs* the Physical environment (6<sup>th</sup>) to re-arrange itself accordingly and, if we get it right, the Superconscious Mind (spirit) either approves or disapproves and sends its signal back to the 3<sup>rd</sup> (mental) environment...

As I mentioned in the beginning it'll take time to explain or explore some of these concepts for we'll be re-arranging our thinking and in the 'four minutes' it takes to read and comprehend these passages we are, in actual fact re-arranging our lives.

Believe me, your world (*out there*) is shifting according to your understanding or comprehension of what I'm putting on paper for thoughts are powerful things indeed and any new thought or, way of thinking changes everything...

You read above that the Subconscious Mind is the servant of the Conscious, let's explore this a little further (as we travel together you'll keep seeing these wheels for in Astrology position twelve is the sector related to all memories, you could say, of all lives! It's the power of the Soul (Subconscious Mind) to manoeuvre and manipulate your universe that's beyond belief, beyond comprehension (for the moment just hang in there) so let's use a little visualisation to guide us. Conjure in your mind (that's your Conscious Mind) a picture of a 'Butler or Hand Maiden' (go to the library if necessary to help you 'see' this image) and make it as real as possible, give him or her a name, sense them, feel them, smell them, make them real (you've probably done this as a child with your imaginary friends) only now your going to be releasing their power to bring or create for you harmony and balance in your world (for nothing is impossible) and believe me this works more than you'll ever know...

Just one proviso: If you're thoughts are negative, they'll be created, if they're destructive (to yourself or another) they'll be produced in the real world. If they're totally 'over the top' and wishful thinking you'll be 'punished' or 'admonished' for you cannot have what's not already within you. Remembering, when you hold a thought (positive or negative) longer than four minutes your 'obedient servant' is going to search all your lives and bring you whatever it is you're thoughts are dwelling upon...

If you find yourself becoming depressed or fearful don't entertain this thought, change it or better still, go through it at the 'speed of light' and come out the other end. I've demonstrated this technique to many and all of told me how less frightened or fearful they've become, creating their own Butler's and Hand Maiden's and watching them create a better understanding of their lives.

A little digression won't go astray at this point for we're all using this tool more and more to access information; it's called *GOOGLE@...* Think about this fantastic tool called a *search engine* trawling all the web sites and pages for whatever you've typed into the browser offering you a multitude of scenarios, answers or options. Your Subconscious Mind can be looked upon as something similar only *trawling* all your lives (PAST, PRESENT and FUTURE) with the ability to not only bring you the insights via information/intuition but to actually create in reality whatever it is you've asked for or dwelt upon.

Just keep this one simple thought in mind, if during all your lives you've never experienced material wealth (forget about being once being a billionaire) or enjoyed great influence (there's only so many Cleopatra's out there) then it cannot be created for you in this life for there's no association, no connection (you cannot have what's not already within you) however, if you're willing to change your attitude of mind (in this life) to one of expectancy then we're "*cooking with gas*" for the time has come to explore a few more concepts before we delve into discovering a little more about YOU. **If you know anything about Astrology you can refer to your own 'houses' and discover the various 'minds' or 'environments' at work.**