

MAGNIFICENT MIND: *Uncover Your Psychological Well Being So You Can Live in Heaven While on Earth* by Jan Christenson

EXCERPT

Today we are beginning to grasp the idea that there is a lot more to humans and the psychological experience in life than these theories would suggest. Through understanding that we have an inner thought which creates an emotion and an outer reaction, we can begin to really change our inner world of thoughts. This is how we change our life by changing our thoughts. Michael Neill has written a great book entitled *The Inside-Out Revolution*. This book explains our life as we experience our inner thoughts and create our outer world with this inside-out understanding.

We live with an inner knowledge or mind at a certain level of consciousness or awareness, and we have thoughts that create emotions and resulting behaviour. Through these principles we can either live in love and happiness, or we can end up living in fear and sadness. It is through understanding our mind that we begin to see a spiritual side to ourselves, as you will see in the next chapter.

In the past, I believe people were fearful of looking at themselves as spiritual beings. This may be because of their belief that spiritual meant an unknown, maybe even spooky, something that they could not see. It is just the opposite of that.

Learning that our spiritual side is full of divine gifts makes me feel very humble. Our spiritual side is just energy, more specifically universal energy. Everything is made of and from energy. Physics has shown this to be true, without a doubt. There was a time when there was just energy; no planets existed. The universe was just energy. The universe is energy, and energy was able to, over time, learn to evolve and combine to create mass.

The physics theory of the Big Bang suggests that energy figured out how to combine or attach and create mass. It was from this event that planets eventually evolved into being and organisms evolved and became more complex. But, unquestionably, we are all made of this energy and mass because everything is made from this universal energy. We are here in spirit (or energy) and body (or energy in the form of mass), and so we are of the formless (energy) and the form (mass or body). The reality of body (form) and energy (formless) or spirit is also at the foundation of the three principles.

In the next chapter we look at the three principles of mind, consciousness, and thought. We see how these three divine gifts, created through universal energy, are available for all humans to live with and love themselves and their life through. It is very exciting to understand and internalize the idea that we are energy in the form (body or mass) and formless (spirit or energy) just the same as the universe is energy. We all have a little of the universal energy in and through us at all times. There is evidence that this energy that we are made of has an intelligence to it.