Thought Cycle

Everything is in a circle, including...

the process of how we create reality.
What are the Three Principles?

Wow, that is a big question! In attempting to give clarity to this question, we will first have to explain what a ‘principle’ or a ‘constant’ is, that creates the ‘paradigm’ (the way something works) that we are living in.

A true paradigm (the way something has always worked) is based on constants, the three principles of Mind, Consciousness and Thought are those constants.

Gravity is a constant and is an invisible ‘power’, ‘force’ or ‘principle’ that underlies our physical universe. Although we can’t ‘see’ gravity it exerts a noticeable effect on our lives.

What gravity is to the physical world, the three principles are to our psychological worlds.

Like gravity, the three principles are not ‘things’ but forces or powers that work ‘behind the scenes’ to create our experience of life.

_They are not something we think about, but what we are thinking with!_

So what are they? The fact of existence (MIND), the fact we have some awareness of existence (CONSCIOUSNESS) and the fact that we navigate our varying consciousness of existence (THOUGHT). We talk about them as three, but ultimately they are just one conscious thinking mind, hence the three are one.

‘Learning’ the Three Principles, is an attempt to go beyond the above concepts and insightfully understand the nature of how these forces or principles are the constants behind how life works.

Gravity (at least on this planet) only works one way: things go downwards. There are no exceptions to this. It’s not as if things in India go ‘down’, but in France they go up sometimes. Everything, everywhere adheres to the same neutral forces of gravity all the time (as far as I know). It only works one way, all the time with no exceptions, hence being referred to as a ‘constant.’

Isaac Newton did not create gravity, he just brought an invisible, pre-existing physical principle or force to our attention. Sydney Banks did not create the Three Principles, he just made an invisible, pre-existing psychological principle or force more visible.

The Three Principles are a true paradigm of the ‘inside-out’ nature of human experience OR a description of how we work psychologically OR a spiritual truth that can take us back home. Please pick the statement that most resonates with you.

Where many enquiries into the mind seek to change, be aware, stop, do better, analyse or control our minds (prescriptive), the Three Principles are the powers OF and THAT we have a mind (descriptive).

The Three Principles understanding does not look at WHAT we are experiencing, but HOW we are experiencing

So you may be thinking, ‘Thanks for the science lesson but how does this work in the ‘real world’?”

_The missing link_

Right now, we are not experiencing ‘the world’ or ‘out there’ but our thinking of ‘the world’ or ‘out there’. The missing link to understanding the human experience is including thought in our experience.
Everyone in the world operates from these 3 principles.

Consciousness

Thought

Mind

The 3 principles are:

Everyone functions psychologically.

The 3 principles are an explanation of how

The 3 P's
The Brain is the Visible, Physical Form.

The mind is similar to the Invisible.

Thought.

Mind Creates the 2nd Principle, which is Energy.

The mind is a Formless, Invisible, Creative Principle of Mind.
The connection between Thought and Feelings helps a person become aware of their Thoughts.

Consciousness allows a person to see and be aware of their Feelings.

Consciousness allows the awareness of Feelings.

Understanding.

Another name for Consciousness is Awareness or Consciousness is the ability to know anything.

Principle of Consciousness
Experience
Consciousness creates
Mind, Thought, and
connection
feeling, and their
awareness of thoughts,
Consciousness allows
Thought creates feelings
Mind creates thought

Logical Sequence

A negative thought creates
A positive thought creates
As thoughts change
a negative feeling

With the absence of one
feeling change

Another replaces
thought.