

# *Super Conscious Psychotherapy*

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by John Beaulieu, ND, PhD  
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Dr. Stone sets forth a foundation in Polarity for a body-mind model of energy based communications and counselling. Our Polarity Energy paradigm is based upon universal field theory. The universal energy field holds the space for infinite diversity: Unity In Diversity. Dr. Stone says that "Our soul is a unit drop of the ocean of the Eternal Spirit". Albert Einstein describes matter or our physical body in relationship to Unified Field theory as, "We may therefore regard matter as being constituted by the regions of Space in which the field is extremely intense.... There is no place in this new kind of physics both for the field and matter, for the field is the only reality."

To navigate the diversity of the universal energy field we created our mind. Our mind is an interface between energy and matter. Dr. Stone describes our mind as a "step-down of soul forces to act as an intermediary link between spirit and matter." He describes three levels of mind; our super conscious mind, our normal conscious mind, and our subconscious mind.

Our super conscious mind is a pattern field of mind. This is our mind of ideals and the highest of these ideals are expressed in numbers and geometric patterns. Mathematics is the highest language of our mind. Points, lines, triangles, circles, squares, and five pointed star patterns are all "thoughts" of our super conscious mind.

Our normal conscious, called our conscious mind, operates through our senses in what Dr. Stone terms an etheric and emotional field. Our conscious mind is aware of our everyday feelings, thoughts, wishes, successes, and challenges. Our conscious mind is neutral and can focus on what ever it likes. This is sometimes called "our free will". The ideal conscious mind is a mind of non-attachment.

Dr. Stone says that our subconscious mind governs all involuntary functions of our gross physical body. Our subconscious mind is our body or somatic mind. The word subconscious implies that our conscious mind is not aware of its activities. For example while you are reading this text your heart has been beating without the awareness of your conscious mind. When you go to sleep your body carries on all sorts of activities while you are dreaming.

The three minds form a continuum of thinking processes. Our super conscious mind thinks in pure number, sound and archetypes. Our normal conscious mind thinks familiar thoughts such as "what day is it? What am I doing? I hope my car starts, as well as navigates our emotions and feelings. Our subconscious mind is our body and "thinks" in gut level instinctual feelings.

From a Polarity energy perspective our super conscious mind is the positive pole, our normal conscious mind is the neutral pole, and our body as subconscious mind, is the negative pole. The relationship of the "three minds" forms a foundation for an integrated body-emotion-mind approach to verbal communications and counselling. Our mind is our body and our body is our mind. Each mind is a valued part of our whole mind. Working with one area of our mind will effect all areas of our mind. Body alignment based on geometric patterns like the five pointed star and interlaced triangles is a method of creating resonance between our super conscious, conscious, and subconscious mind. We can "see" how a person is thinking by observing their body posture and structure related to geometric lines and patterns. We can see dissonances between their posture and an ideal super conscious geometric pattern. These visual dissonances are reflective of normal and subconscious thought processes that are out of alignment with our super conscious.

Polarity body alignment based on geometric patterns is a form of nonverbal super conscious psychotherapy. Touch is transformed into a language which asks someone through different pressures and directions of pressure to shift into a five pointed star pattern. The somatic mind as body, responds because it instinctively knows the pattern it is being asked through touch to entrain to a natural pattern. When our somatic mind and super conscious mind are aligned, a resonance is created which allows our normal conscious mind to listen to our healer within, our Spirit. This is what is often times called listening to our healer within.

I worked with a man who looked like his left shoulder was touching his ear lobe and his hips were tilted, trying to also reach his ear lobe. I asked him, "Do you notice any pains in your shoulder or any discomfort in your neck.?" He said, "Oh no, don't have any." I replied, "Do you have any pains in your pelvis?" He said, "No."

I asked him to lay on the table and I began systematic structural Polarity work. I just got in there like a piano tuner turning pegs and evened out his shoulders, relaxed his spinal muscles, and aligned him to a five pointed star pattern as best as he would allow me. I kneaded him, twisted him, stretched him, pushed, pulled, and held points based on geometric lines of energy.

His high shoulder dropped and both shoulders evened out. It was really amazing to witness how he opened up. His neck was long and rising gently from his shoulders. I had him feel his neck and shoulders. I asked him what it felt like. He was quiet for a moment and then he began to cry.

Too understand, let's take a closer look at his presenting structure. The high shoulder and twist through the neck appear as though it is literally "cutting off" his energy from moving through his throat. It is like water trying to move through a kinked hose and his expression appears to have limited movement in this area. Upon further observation the limitation in his throat area seems to be connected with a twist coming down his spine and into his pelvis. The twisting appears to cause the pelvis to constrict and tilt in order to adapt to the energy.

From a Polarity energy perspective our throat is the area of our Ether element, or what Dr. Stone calls our "Akash Ether Sound Reservoir". Our throat is where our emotions are sounded and verbalized. Our pelvis represents the Water element, and specifically the Scorpio astrological quality of the Water element. The Scorpion hides under rocks and stings, and represents our suppressed emotions. The energy restriction in the throat is surprised into the perineum causing the pelvis to tilt.

The moment I asked him to become aware of his "tuned" body he began crying. His tears were his emotional energy moving from his pelvis through his throat. The "kink" in the hose was removed by the structural alignment work and his energy could flow freely. Our session switched from structural balancing to expressive counselling. He told me the story of his girlfriend leaving him over a year ago. He said he had been walking around for over a year not knowing that he was in pain.

Our bodies are a temple for our soul. Every bone, cell, and tissue are the structural materials that form our sacred temple. We are mobile centres of worship. The stresses, challenges, and pressures of life are opportunities for spiritual growth. Our daily actions, no matter how mundane, are a form prayer. When our life actions resonate with the energy necessary to master our life challenges the result echoes again and again, like a Gregorian Chant, through the tissues of our body.

The alchemists called the process of identifying and meeting our life challenges, "The Great Work". Dr. Stone called it the Journey Of Our Soul Through Understanding, and Joseph Campbell called it The Hero's Journey. The "heat" necessary to meet our challenges was called our "alchemic furnace" or Fire Within. Our inner alchemic furnace is so powerful that it can melt base metals like lead and transmute them into gold. It can transmute darkness into light.

The resonance of meeting our life challenges creates a pulse between heaven and earth. The experience of this pulse was called the "Rainbow Bridge" by the Alchemists. The rainbow bridge was transverse by a magical Unicorn and gave rise to the myth of a pot of gold at the end of the rainbow.

### **DREAMING THE LIGHT**

Everybody has a dream of light. Supporting another's light dream is to support your own light dream. Light is created from darkness. A dream of light spins dark material into newer and newer illuminated patterns. A dreamer of light needs dark material for fuel. Light dreamers are like the Sun. The Sun burns its dark mass through billions of thermo nuclear explosions to create light, warmth, and nourishment for all dreamers. Light dreamers burn dark.

Light dreamers know that the inner transmutation of darkness to light happens through burning their shadow. The dark used to be a time to hide, a time to fear, a time to huddle together for warmth. Light dreamers look into the dark void and understand the ancient alchemic formula for transmutation of lead into gold or dark into light. Their higher self illuminates itself through facing and burning strands of darkness in to dreams of light.

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