



The Energetics of the Mental Body By Suzy Miller

The mental body is constructed of thoughts, ideas, and concepts, both conscious and unconscious. It is the lens through which we perceive the world around us.


As with the physical body, many consider the mental body to be individualized, however, this is far from the truth. There is one collective mental body which is experienced through the

processing mechanism you call “your” brain. It is based on the resonance of “your” conscious and unconscious thoughts, ideas, and concepts of the collective, created through repetition. As you change your thoughts, you change your life.

You can experience the inner connectedness of the collective mental body by watching your thoughts as you change physical environments. Walk onto a playground where there are a lot of children and watch your thoughts, and then drive to an affluent part of town and watch your thoughts; and then to an impoverished area and see what happens to “your” thoughts. Your thoughts will change based on where you are, and HOW you experience them will be based on your unconscious programming.

Your thought process, and hence the nature of your thoughts themselves, will follow the energy at the place in which you find yourself. Your mental process becomes hard-wired over time through thoughts that are repeatedly thought by you

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and by the collective. This is why it is much easier to have a negative thought than a positive one. Most people have been conditioned to be a much smaller version of themselves, which equates to negativity or negation of SELF.

This conditioning persists until you have mastered the mind. Mastering the mind means that YOU consciously choose your thoughts. You choose whether they are based in love, or are simply the repetition of the collective unconscious. In mastership, you can also choose to have NO thought at all, which is where real possibility and potential lie.

Mastership of the mind is a challenge for this reason! The collective mental body is a conglomeration of every thought that has ever been thought, which means that the nice thoughts and the not so nice thoughts all reside within that collective mental body. Those thoughts become things, and they literally become matter!

We can see evidence of this in our outer landscape. War is a manifestation of the collective negative thoughts of humanity. When we say that we are not part of war, or do not endorse it because we have not physically participated in it, we miss the point. We participate in war every time we have an ugly thought or wish harm to another.

We participate in negativity every time we are harsh towards ourselves.

The collective has become so desensitized to thought that many have no idea what they are creating; this is where the sense of victimhood arises.

Mastering the mental body is the ability to choose, but that choice point is impossible while embedded in the collective consciousness. There has to be a point of separation, and it only comes through having the power to choose.

Choice is simply not available in a collective third-dimensional reality. We must rise above that condition to exercise choice in thought, word, and deed.

Thus, raising your vibrational frequency gives you new opportunities. When we clear the mental body in this process, we will be creating a space which will allow for a choice point. We will fill that space with the frequency of love and create a powerful intention to resonate with those thoughts that are of LOVE.

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As we choose love over and over, we become the experience of love. Remember, thoughts become things! As we get more and more distanced from the collective mental body, we have a stronger option to choose love in every moment. Then our choices become both a potential and a possibility for others, specifically creating a positive impact for children everywhere.

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