

# The HUMAN MAKEUP

## The Higher Mind

Are my words, thoughts and deeds worthy of a human being?



When a higher part of your mind is at work it is called **the intellect**. Our mind is always moving, while the intellect is still. The intellect is our mind when it is illumined by the light of Love. Our mind collects input from our experience and memorizes it in a mental data bank. But it is the intellect that examines the information and reflects, inquiring deeper. The intellect reflects the Light of wisdom directly from the heart.



Sometimes we think too much and our thoughts get in the way, and don't allow the heart wisdom to get through to us, just like clouds hide the sunshine. To raise your mind and use its higher faculties you need to cultivate silence.

*The light of my intellect is hidden by my thoughts. I need silence.*

When the heart talks to you through the intellect it is called **conscience**. You know it is your conscience because it is not the usual muddle jungle of your mind but gives clear advice, and never suggests that you do anything bad in thought, word or deed.



*The light of my intellect reflects the inner sun of my heart!  
That's my conscience.*



### PRACTICE ACTIVATING YOUR INTELLECT!

*When your mind is clean your intellect can be easily seen!  
Watch your thoughts!*

Every day dedicate some time to sit in silence and listen to the voice of your heart. Use your imagination to visualize the spark of light that resides within you become stronger and stronger filling you up with loving thoughts and good intentions. Ask your intellect to guide you during the day to make the right decisions!

*Positive thoughts make your intellect clean and shiny! Marty*