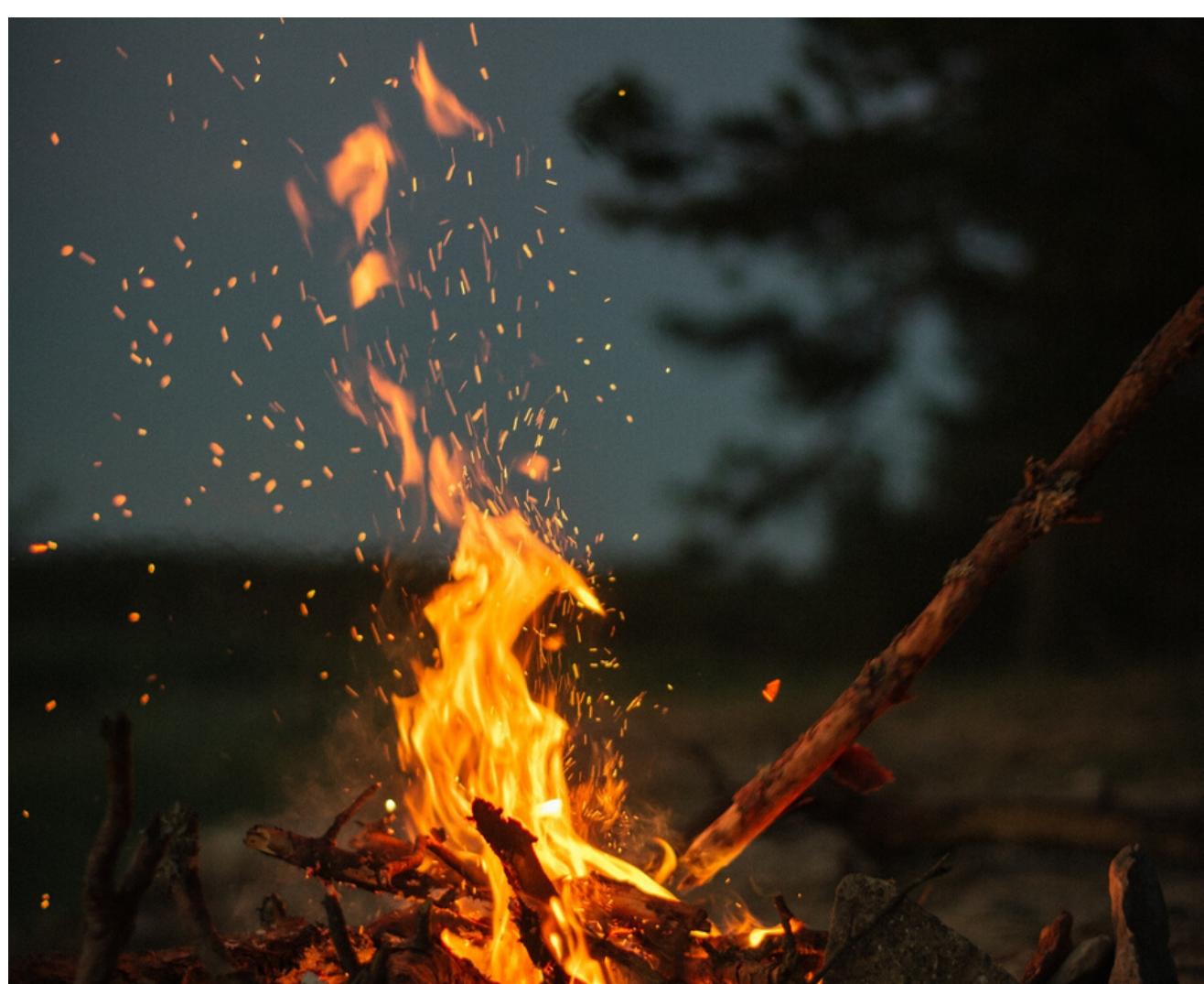




# THE FOUR BODIES OF CONSCIOUSNESS

*Excerpt from "The Human Experience"*

BY  
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# The Four Bodies of Consciousness

Excerpt from "The Human Experience" by Elizabeth Crooks

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# THE FOUR BODIES OF CONSCIOUSNESS

Consciousness is defined as the state of awareness of one's own existence within their surroundings. It has also been defined as: sentience, the ability to experience or to feel, wakefulness, and having a sense of selfhood. Consciousness connotes the relationship between the mind and the external world, as well as the relationship between the mind and God, or the relationship between the mind and the deeper truths that are thought to be more fundamental than the physical world.

As individuals, we each have our own consciousness. More specifically, we each have four bodies of consciousness: our physical body, our mental body, our emotional body, and our soul body. These are the four aspects of self. Each has a specific function, unique goals and contracts, and their own way of communicating. In addition to individual consciousness, we are all a part of a collective consciousness, or group consciousness. And there are many clusters of group consciousness, allowing everyone to be a part of more than one at the same time. Countries or larger areas of the world share a certain consciousness. Neighborhoods can share a more localized group consciousness. And then we share a collective consciousness with our soul families within the Earth structure and throughout the universe.

# THE FOUR BODIES OF CONSCIOUSNESS

Overall, the collective consciousness of the planet as a whole (i.e. humanity) is not fully ready for the changes that are happening behind the scenes. This is why progress can seem so slow. The group, or the majority of the planet, is not ready for the “Truth”...that we are not alone in the universe, that life as we know it is an illusion, and that we all have the power to change our realities with just a thought. And if we all truly understood and accepted this as a part of our reality, then life as we know it would change in the blink of an eye.

Every single person contributes to the collective consciousness by expanding their own knowledge and by growing as soul, or divine, beings. When enough people want change, when the majority has set their mind to something, then that is when the world changes. It is similar to the 100th monkey effect... just one person can tip the scales by believing a certain way, affecting all belief systems simultaneously. We each have the power to be that 100th monkey and affect social change instantly.

Personal growth and ascension is ultimately achieved by the unification of all four bodies of consciousness. Popular texts describe the trinity of the body, mind and soul paradigm but the mind is actually a split consciousness, as in the two hemispheres.

## I AM NOT MY BODY:

Up until this point in time we have generally thought of our body as being who we are. However, with the shift into 4th dimensional consciousness we start to realize that who we really are is Source Itself. And we start to utilize the body as it was originally designed: as just a vehicle. One way to look at is that your body is like a costume your soul puts on so that it can have an experience on this planet. Or, your body is like a rental car in which your soul test drives for a while before deciding it wants to drive a new car on a new road of life.

However you want to view it, the human body is an intricate machine that functions quite well on its own. It heals itself when it gets injured or sick. It breaks down food for nourishment. We didn't get a manual on how to work the human body when we were born...it just started breathing for us and pumping blood and oxygen where it needed to go. We don't have to spend all our time breaking down our meals into protein and sugars, or making sure we keep breathing in every moment. Most of that stuff is automatic, which allows us to experience life in other ways.

We often don't give the physical body enough credit. It keeps us breathing while we sleep of all things! It naturally detoxifies and regenerates all the time. It is the vessel in which we experience life itself. Our essence, our consciousness, is housed within the body and we sense the world around us through the body.

## ASSISTING THE PHYSICAL BODY:

Everything communicates, and the physical body is no different. You just have to learn to listen to what your body is saying. The body is so in tune with its surroundings that it even listens to our thoughts. Your body knows when feel like you hate it. Your body knows when you are happy. Your body knows when you are not paying attention to it.

Assist your physical body by communicating love and accepting it as the way it is. Expand your thoughts and beliefs regarding your body and realize how powerful it is. You can ask for headaches to lighten. You can say "hey, that hurts" and ask for easement in physical pain. At first it may not listen right away...the physical body has been ignored for quite some time. Trust has to be established in the relationship with your body; trust that you will take care of it on a conscious level.

Work with your body, and work with your thoughts about your body. Your relationship will surely change. We are not the person that looks back at us in a mirror. Each body is unique because each experience is unique.

Remember that you chose this body, you chose this experience. And you are the only one who can get okay with the choices you make. If you're having a hard time accepting your body for what it is, ask yourself why you are having such a hard time. What story are you telling yourself about your body? What story do you believe? And can you believe something new about yourself?

## I AM NOT MY THOUGHTS:

The human mind is a powerful thing: it can believe anything it wants to. We learn new things every day, and each new piece of the puzzle affects all the thoughts we have ever had, and will ever have. When we were designing this game we call life as a human being, we created the Ego as part of the experience we wanted to play out.

We wanted, as a collective soul body, to experience duality and survival. We wanted the mind to have contradictory thoughts to our feelings. We wanted the fight and we wanted the surrender. What thoughts are running around in your head all day? Do you like the thoughts you are having? Why do you think the way you do?

Listen to your ego, listen to your thoughts, and see just how ridiculous they are. You can say when enough is enough. You can put your mental foot down and say you want to come from love and peace from now on; love and peace for yourself and your experience. When we are trying to wake up, the ego's job is to get us off track. When we want to start loving our bodies and start doing more things for ourselves, the ego's job is to tell us we are wrong and selfish and that we should just go sit on the couch and binge-watch television. The ego is the little voice that instills doubt. Our job is to come from faith, our true feelings within, and know what everything we do is perfect, that we are perfect, and this is just an amazing experience we are having as souls experiencing the human body for a short amount of time.

## I AM NOT MY THOUGHTS:

In regards to the awakening process and the changes in collective consciousness, the ego can evolve into what we refer to as a spiritual ego. When someone changes their lifestyle, adapting a specific way they want to live their lives, they can begin to believe their way is the best way and judge all others who do not see life as they do.

More specifically, when people adapt a more conscious lifestyle, whether that means not eating meat or using any sort of animal product, or juicing everything they eat, or doing yoga every morning, or living off the grid...all of these are wonderful ideas and perfect ways to experience life...but the problem is thinking that this is how everyone should be doing it and making others feel bad for not doing this way or that way.

People who consider their lives as being a more "spiritual" kind of lifestyle can fall into the same ego traps that we all fall into.

I stopped eating meat a few years ago. At first I couldn't understand why other people still ate meat. I watched way too many documentaries on our global food production. I've been angry. I've judged people. And then I realized they judged me right back for not eating meat. So what if you eat meat and I don't? So what if I don't run a 5k every week? So what if I don't even run at all? The mental body does its job very well. It reminds us that we are not what we think. It reminds us that we are not what we think we do. Thoughts, opinions, are just a part of the game and we can choose to believe them or not.

## ASSISTING THE MENTAL BODY:

When one starts to question their thoughts and starts to actively change their belief systems, the mental body can put up one hell of a fight. Its job is to re-direct us to what is safe, to what it knows. Change is scary to the ego. We want change all the time, and yet we are afraid of it, so rarely do we actively change unless it is forced upon us or the change has been a long time in the making.

Assist your mental body by understanding that it has a job to do. Appreciate your ego for keeping you safe and secure in the past. It has done its job well.

But the past is past, and now is now. And it is okay to change your thoughts. It is okay to change your beliefs. Keep striving for change and don't take no for an answer, even from your own brain. Your thoughts served you at one point or another, so don't judge yourself for having a thought you now believe to be "wrong."

People change their minds all the time. You are allowed to do so. Maybe you hated your neighbor yesterday but you love him today. This moment is all that matters, so if you want to change how you think in this moment then that is perfectly okay.

## ASSISTING THE MENTAL BODY:

Also, thoughts manifest in the physical body. So if you are having physical “problems” look at your thoughts behind them. Different areas of the body refer to different aspects of the mind. Dis-ease is created when thoughts are judged and suppressed. Get okay with your thoughts of the past, your worries of the future. Get okay with wanting to change or wanting to be a new person and experience life differently.

When the body hurts, it can mean that it is releasing thoughts and emotions that no longer serve. When you start to love your body, when you start to change your thoughts about your life, the old will come up to be released and dissolved from your reality. Continue to love and assist in any way that you can, and remember that nothing lasts forever.

# I AM NOT MY EMOTIONS:

This is a feeling journey. However, we don't have to identify with our emotions. We can just accept them as part of the programming, as part of the experience, and let them do what they need to do and move on after they are finished.

Emotions just want to be felt and experienced. Be aware of the feelings you have. You can choose to experience an emotion for what it is instead of letting the emotions run amok and run your world and your entire experience.

There is no such thing as an unhealthy emotion. People believe that if they suppress an undesirable emotion that they are doing something spiritual or beneficial to society. "I'm not angry because I'm not allowed to be angry because that is just not very spiritual," or "I shouldn't be grieving because I know I should be happy that my friend has moved on to a new experience," or whatever else you would like to say.

Today you are walking around and you are angry, or you are worried, or you are ashamed. Accept what you feel in this moment. Anger doesn't last forever, but if it does then that is a choice you've made to stay angry. Experience all range of emotion as just an experience; there is no right or wrong, no good or bad, emotions. All is perfect and meant to be.

## ASSISTING THE EMOTIONAL BODY:

Crying is a difficult subject for many people. Some cultures even judge and criticize people for crying. Crying is simply allowing oneself to feel. Honor that need to feel; your emotional body wants to feel and suppressing that desire is not listening to, or assisting, your emotional body.

Do not suppress. Allow the emotion to arise and to become what it wants to in its expression. Understand that you are experiencing an emotion at that time. What are you attached to? Why are you feeling this way? Become aware of your emotions. Allow yourself to experience your emotions without judgment. All that matters is this moment, and what you are experiencing in this moment.

Denying an emotion can create dis-ease. As our thoughts can manifest in our physical bodies, so can our emotions. When we “bottle-up” our emotions we create this energetic vortex within our vessel. The longer we suppress feeling, often the worse that feeling gets. We keep adding to our feelings of anger, blame, guilt, betrayal, shame, loss, and fear until we can no longer contain our emotions and we lash out at ourselves and the world.

Honor your feelings. Honor your emotions. Sometimes you'll want to cry for no reason, and be okay with that. If you are angry, get angry. Go stomp your feet and scream and yell. When you're done move on to the next thing, no judgments. Also, allow other people their emotions as well. Honor their need to experience what they need to experience.

# THE SOUL BODY, OR HIGHER SELF:

The higher-self aspect is just another version of you. Our soul has experienced some form of life before and has chosen to experience it again this time, in the form of our life and journey on planet Earth. The soul is the viewer behind the curtain of life and beyond this vessel we call a human body.

Life is not so serious, only the human aspect makes it so. The soul sees all as growth, as a learning opportunity. Our higher selves assist our journey, but can never do the journey for us. We

have to make the choice to become more conscious in our actions. We have to choose to listen to our intuition or not. The soul may have set up the game, but we have the free will to play that game as we decide to.

The soul body reminds us that we already exist in a higher dimension. As a part of the higher dimensions, our souls impart knowledge and assist us on our journeys. We view the soul as being in control only because if the human aspect was in control it would mess up the grand plan simply by coming from a place of control.

The human controls how it wants to see the world, how things should happen, and the specifics of reality. The human wants the big screen television in the mansion with unlimited cash to buy whatever its ego desires at the time, out of fear of security, lack and control.

## THE SOUL BODY, OR HIGHER SELF:

The higher self understands the needs of the ego, of the human aspect, and will provide everything it truly needs out of love. How that happens is not up to the human, because the human has control issues. The human doesn't see the unlimited possibilities and potentialities; it gets fixated on the one reality it wants, or thinks it needs, out of some form of fear.

Your higher-self is always communicating with you. How you access the information from that level of consciousness is just a matter of remembering how to do it. The heart is the seat of the soul. The human aspect operates from the head, or mental body.

Trust the feelings you feel from the heart, that is your soul trying to communicate something with you. If you feel something is wrong or off, it means that is probably not the path you should be taking at the moment. If your heart sings for joy at the thought of a new career then trust those feelings. Creativity inspires the soul and opens the heart for deeper communication with the universe. Do what makes you happy and practice trusting your own intuition and feelings.

## ASSISTING THE SOUL BODY:

On the soul level, we have accepted the program we call reality. The discord in life results from the human aspect failing to accept it as well. The human thinks it shouldn't have to accept the program, the reality, as it is. What is there to accept about what goes on in the matrix, the thoughts that roam in and out of our heads, and how we treat ourselves and each other every day?

Accept the parts of you that you wish to change, or hope would change. Accept and forgive yourself for how you've treated yourself throughout your life up until this point. Accept all the different aspects of yourself, whether you think you think they are bad or good. Acceptance is the ultimate goal for integration and unification of the body, mind and soul paradigm. If you don't accept yourself and your life the way it is, who will?

Remember that you have the power to change your reality. You can change your thoughts. You can allow your emotions to experience what they need to experience. You can appreciate the physical body you've chosen to experience everything life has to offer you on this particular journey. You'll get to play again when you're finished with this game. Stay in the moment and play with what your reality has to offer you now. Go with the flow and get okay with whatever you experience.

# UNIFICATION OF SELF

It is quite fascinating that we are not our bodies, minds or emotions. We are simply aware of these bodies. We are a combination of all of these bodies, once separated and are now unifying as the planet and humanity ascend to a higher level of consciousness and understanding. When we unify the four bodies of consciousness we become the Light body.

Simply put, the Light body is the new paradigm, the new game we have agreed to play out on Earth as a collective soul body. Moving into 5th dimensional consciousness is all about dissolving the barriers and seeing each and every thing as One...including the planet, the solar system, the galaxy, the universe and Source Itself...and seeing ourselves as part of that whole magnificent dance. Unification of self is achieved through the ascension process as all aspects of yourself come together and are no longer separated as in the old paradigm of reality.

Our physical body, mental body, emotional body, and soul body have operated separately for millennium as per the agreement to experience everything as separate. Some souls still wish to participate in this game, and will go to other planets in the galaxy to continue learning at a 3rd dimensional level.

# UNIFICATION OF SELF

However, planet Earth is ascending and will have completed its 5th dimensional integration by mid-March 2016, roughly. This means that planet Earth is no longer a 3rd dimensional planet that plays out density and survival (fear, lack, etc.). In order to continue playing on planet Earth in our physical forms, those who choose to stay must ascend to match the consciousness and energetic frequency of the planet. And the Light body is the vehicle for this ascension. The Light body is the new vessel for playing out an experience in a 5th dimensional world.

As a Light body, we view our experience as souls inhabiting a physical body with a mind built to experience thoughts and emotions. The merging of all aspects of self, of all experience of self, allows us to become a light being. We all have the power to unify our consciousness. It happens automatically in response to the frequencies being emitted from our reality but we can also consciously affect our consciousness by accepting the new paradigm of Oneness, instead of the old paradigm of separateness.

If you don't believe you have the power to unify your body, mind and soul together, just imagine the colors of the rainbow: they aren't actually separated, they blend together. Are there gaps in the rainbow? No there are not. Just like the rainbow, we are made up of many different aspects, but as one we form something beautiful and functional.

# UNIFICATION OF SELF

In order to assist your personal unification, let go of emotional attachments and expectations of what you think you should be experiencing. We are all ascending, in one form or another. We are all exactly where we are supposed to be on our journeys. It is your choice to come from neutrality and to get okay with what you are experiencing.

Assist your different aspects of consciousness and know that you are connected to every other thing in the universe as one being. Work with our body, your mind, and your soul by communicating, appreciating, and accepting everything they are and everything they have to offer during this time of personal and planetary change.

Thank you!

Check out the full book on Amazon  
and other retailers.

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