

SUPERCONSCIOUS STAGE

The superconscious stage is the highest level of the spontaneous stage. It is when the conscious and subconscious mind are in complete harmony and allows us to perform beyond our limits to our true potential and purpose.

***Imagine what you could do if you were operating at your full potential. Do as much research as you can and talk to as many people as you can to find out what you can do to approach your potential, operate beyond your perceived limits, and give your life purpose. Record the information you find below. Be prepared to discuss how you are applying this knowledge.
(look at Maslow's characteristics of self-actualized individuals)***



