

**Consciousness:
first and last frontier**

WHAT IS CONSCIOUSNESS?

The first question is also the final one; it is quite short, quite simple, and yet it is also the most important question which anyone could ever ask, whether of himself or of others. This question is: "What is consciousness?"

Whoever traces the answer through all its levels will find himself in the end in the very presence of the universal consciousness otherwise called God. 19.3.32

Remember that through all the flow of experienced events and things... the consciousness which observes them remains throughout, Identify with that consciousness and let go of the changing contents. (*modified The Wisdom Of The Overself Ch. 14 ex 4*)

THERE IS ONLY ONE CONSCIOUSNESS

There is only one light in the show, only Sunlight, only primordial consciousness..... shines through all.

The Swedish word for Consciousness is Med-Ved-Ande (*With- Knowing- Spirit*).

All experience is spiritual experience because Consciousness is spirit. 21.2.98

...Now drop the term mind, the term consciousness, and let the term spirit take their place. Here psychological analysis of experience seems to cross the border into religion. For consciousness is a real thing, not a no-thing. It exists in its own right. *More, all experience is an uninterrupted spiritual experience, whatever man has done to degrade it. (21.2.98)*

[MED VED ANDE = WITH KNOWING SPIRIT]

Consciousness is reality. ***“if you ask...” “otherwise called God.”***

Conscious awareness is the fundamental nature of all this experience and existence. It is what is real in experience... Consciousness is not only the ground of our being, but makes possible existence and experience, for without it, no world, no thought, no things.

You are that awareness—appearing here as a person.

If you ask “reality” is, PB: the answer will be consciousness. Consciousness is not only the base of all existence and experience, but is essence, gives reality. It is the is-ness of whatever appears the ocean of consciousness in which our thoughts arise and feelings and perceptions.

And if you ask what *you* are, the answer will also be consciousness. Experiencing through this organism. So Consciousness is the intersection of the I and reality. And that is the essence of who and what I am. But consciousness is not a who or what. It cannot be defined by any thing and it is not a person.

Consciousness appearing as the person seeks itself. This is its quest. But when it learns and comprehends that it is itself the object of that quest, the person stops not only seeking outside himself but even engaging in the quest itself. Henceforth he lets himself be moved by the Overself's flow. 23.1.3

It is in the fullness of the eternal present, the eternal now, that a person can really live happily. For by seeking That which makes us conscious of the present moment, by remembering it as being the essence of our fleeting experience, we complete that experience and fulfil its lofty purpose.

Perspectives ch19 #30

If you ask what reality is, in philosophy's view, the answer must be consciousness. If you further ask what man's work in this life is, the answer must be to become conscious of consciousness as such. But because, ordinarily, consciousness never discloses itself to him but only its varying states, he can accomplish this work only by adopting extraordinary means. He will have to steel his feelings and still his mind. In short, he will have to deny himself.

20.3.155

If you could give God as much **Remembrance** as you give to the ego, you could quite soon attain the Realization for which others strive lifetimes of arduous effort. *(modified 8.4.153)*

Hear Anthony and Paul...

AD and Paul: Forget Yourself

Why is it that so many people are so unaware of their own higher existence? The answer is that their faculty of awareness itself is that spiritual existence. Whatever they know, people know through the consciousness within them. That in them which knows anything is their divine element. The power of knowing--whether it be a thought that is known, a complex of thoughts such as memories, a thing such as a landscape--is a divine power for it derives from the higher self which they possess. 21.2.136

If there is anything worth studying by a human being, after the necessary preliminary studies of how to exist and survive in this world healthily and wisely, it is the study of man's own consciousness--not a cataloguing of the numerous thoughts that play within it, but **a deep investigation of its nature in itself, its own unadulterated pure self.** 1.1.81

I AM THAT: on Awareness and Consciousness

Q: Can there be awareness without an object of awareness?

M: Awareness with an object we call witnessing. When there is also self-identification with the object, caused by desire or fear, such a state is called a person. In reality there is only one state; when distorted by self-identification it is called a person, when colored with the sense of being it is the witness; when colorless and limitless, it is called the Supreme. *I Am That* ch 79

Q: What is the relation between awareness and consciousness?

M: Awareness is primordial; it is the original state, beginningless, endless, uncaused, unsupported, without parts, without change. Consciousness is on contact, a reflection against a surface, a state of duality. ... Awareness is absolute, consciousness is relative to its content; consciousness is always of something. Consciousness is partial and changeful, awareness is total, changeless, calm and silent. And it is the common matrix of every experience. *I Am That* Ch 11

Q: Are there levels of awareness?

M: There are levels in consciousness, but not in awareness.

Awareness' reflection in the mind is love and understanding.

There are levels of clarity in understanding and intensity in love, but not in Awareness.

The source is simple and single, but its gifts are infinite.

Only do not take the gifts for the source.

Realise yourself as the source and not as the reflections.

Q: If awareness is not an experience, how can it be realised?

M: Awareness is ever there. It need not be realised.

Open the shutter of the mind, and it will be flooded with light. *I Am That ch80*

Q: how does one go beyond consciousness into awareness?

M: since it is awareness that makes consciousness possible, there is awareness in every state of consciousness. Therefore, the very consciousness of being conscious is already a movement in awareness. Interest in your stream of consciousness takes you to awareness. It is not a new state. It is at once recognized as the original, basic existence, which is life itself and also love and joy. *I Am That* Ch 11

Q: How can I aspire to such heights, small and limited as I am?

M: realise yourself as the ocean of consciousness in which all happens.

This is not difficult. A little of attentiveness, of close observation of oneself, and you will see that no event is outside your consciousness. *I Am That*