

CONSCIOUSNESS DEEPENS

AD Consciousness Deepens

3:00

AD: Opens you up

0:45

HHDL 1978 sixth mind

1:28

The actual experience alone can settle this argument. This is what I found: The ego vanished; the everyday "I" which the world knew and which knew the world, was no longer there. But a new and diviner individuality appeared in its place, a consciousness which could say "I AM" and which I recognized to have been my real self all along. It was not lost, merged, or dissolved: it was fully and vividly conscious that it was a point *in* universal Mind and so not apart from that Mind itself. Only the lower self, the false self, was gone but that was a loss for which to be immeasurably grateful.

28.2.142

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.

To be the witness is the first stage; to be
Witness of the witness is the next; but to BE is
the final one. For consciousness lets go of the
witness in the end. Consciousness alone is
itself the real experience. *25.2.100*

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: 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: 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: 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*

M: Don't say: 'everybody is conscious'. Say: 'there is consciousness', in which everything appears and disappears. Our minds are just waves on the ocean of consciousness. As waves they come and go. As ocean they are infinite and eternal. Know yourself as the ocean of being, the womb of all existence. These are all metaphors of course; the reality is beyond description. You can know it only by being it.

Q: Is the search for it worth the trouble?

M: Without it all is trouble. If you want to live sanely, creatively and happily and have infinite riches to share, search for what you are. Ch 4

Q: I find it hard to grasp what exactly do you mean by saying that you are neither the object nor the subject. At this very moment, as we talk, am I not the object of your experience, and you the subject?

M: Look, my thumb touches my forefinger. Both touch and are touched. When my attention; is on the thumb, the thumb is the feeler and the forefinger -- the self. Shift the focus of attention and the relationship is reversed. I find that somehow, by shifting the focus of attention, I become the very thing I look at and experience the kind of consciousness it has; I become the inner witness of the thing. I call this capacity of entering other focal points of consciousness -- love; you may give it any name you like. *CH 57 I Am That*

When the 'I am myself' goes, the 'I am all' comes. When the 'I am all' goes, 'I am' comes. When even 'I am' goes, reality alone is and in it every 'I am' is preserved and glorified. Diversity without separateness is the Ultimate that the mind can touch. Beyond that all activity ceases, because in it all goals are reached and all purposes fulfilled. *I Am That Ch 49*

Love says: 'I am everything'. Wisdom says: 'I am nothing' Between the two my life flows.

Since at any point of time and space I can be both the subject and the object of experience, I express it by saying that I am both, and neither, and beyond both.

I Am That Ch 57

It is a matter of actual experience that the self ...is being -- awareness -- bliss.

Awareness of being is bliss.

--I Am That Ch 46

and Being Awareness is bliss...

Loch Kelly: on four kinds of awake awareness: audio only

Awake awareness

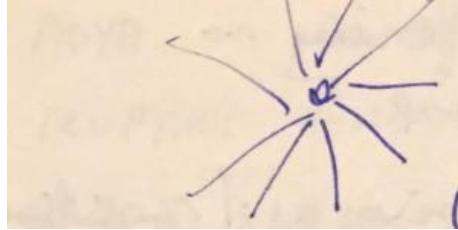
Open space awareness

Open hearted awareness

Presence awareness

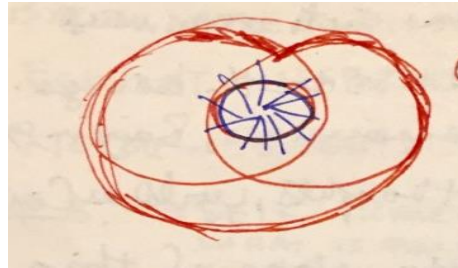
Being Awareness is Bliss ***Awareness of Being is Bliss.***

***I Am
being***



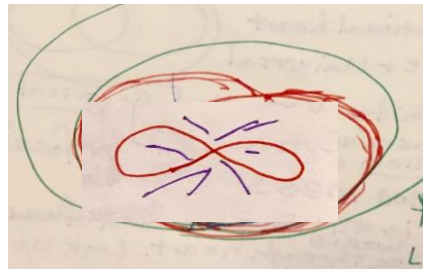
***Awake
Awareness***

***Inter-
Being***



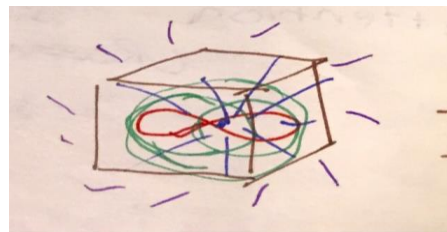
***Loving
Awareness***

***Infinite
Being***



***Primordial
Awareness***

***Intimate
Being***



***Embodied
Presence
Awareness***