

# Consciousness

# **A04 Awareness only A01 prime**

## **Consciousness-Awareness p.4-9**

Inner Reality p.14

AD: p. 15

Play

Adya p. 18

Adya on Nisargadatta three p. 23

True meditation p. 25

WHO AND WHAT AM I: Audio/Text excerpts Anna,  
ET 3, AD

CONSCIOUSNESS and REALITY: PDF paras  
notes pictures

MOST : Notes on consciousness rev 2023  
0829 (long)

PB Notes on Consciousness Stillness and where  
we meet Reality older 8p

**HHDL SIXTH CONSCIOUSNESS 1min**

**Anthony: being that awareness 1 40 shorter**

**MAY 1 MEETUP AUDIO and QUOTES**

***[has Consciousness deepens and more]***

If there is anything worth studying by human being, after the necessary preliminary studies of how to exist and survive in this world healthily and wisely, it is the study of our own consciousness--not a cataloguing of the numerous thoughts that play within it, but a deep investigation of its nature itself, its own unadulterated pure self. 1.6.81

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 oneself or of others. This question is: ``What is consciousness?" Whoever traces the answer through all its levels will find themselves in the end in the very presence of the universal consciousness otherwise called God. 19.3.32

It might well be said that I am connected with God on the one hand, with the world on the other hand, but both connections are highly ingenious inventions. God is literally in me. His "I" makes my "I" possible. My own sense of being is immersed in God's archetypal thought. [*“my” I Am is God is, is God’s is.*] 25.1.3

The little center of consciousness that is myself rests in and lives by the infinite ocean of consciousness that is God. The first momentary discovery of this relationship constitutes a genuine religious experience, and its expansion into a final, full disclosure constitutes a philosophic one. 25.1.31 sl 32 dup above

We discover that Consciousness, the very nature of mind under all its aspects, the very essence of be-ing under the personal selfhood, is where man and God finally meet. We know that God indisputably exists, not because some religious dogma claims it but because our own experience proves it. *25.1.39*



What is the reality behind all our experiences? Since they are thoughts, and since thoughts are made possible by Consciousness, it must be the Consciousness. This remains true even when the "I" is unaware and unconscious, because limited and little, being only a thought itself, an object known like other objects; the Real is still there but hidden.

21.5.175

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 the real Self must have been present and been witness to our peaceful enjoyment of deep slumber-- otherwise we would not have known that we had had such enjoyment--so must it likewise have been present and been witness to our rambling imaginations in dream-filled sleep and to our physical activities in waking. This leads to a tremendous but inescapable conclusion. We are as near to, or as much in, the real Self, the Overself, at every moment of every day as we ever shall be. All we need is awareness of it. 22.3.25

# Meditations on Mind

# 10 meditations on mind

TRUE MEDITATION basics

I Am That The heart of the practice

PB STILLNESS from 24.4

DIRECT PATH Saturday Meetup 2024 0203 29  
sl PPT

True Meditation: Adya and others

True Meditation: Adyashanti and Tarthang Tulku  
and Gina Lake

*BE STILL and WU-WEI:: PB and others*