

How can I come into awareness of, and oneness with, my true being -- CONSCIOUSNESS

When a person comes to their real senses, they will recognize that they have only one problem: "How can I come into awareness of, and oneness with, my true being?" For it is to lead to this final question that other questions and problems have staged the road of the whole life. ... 1.1.130 *sl*

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 *sl*

If you ask what reality is, in philosophy's view, the answer must be consciousness. If you further ask what person's work in this life is, the answer must be to become conscious of consciousness as such. But because, ordinarily, consciousness never discloses itself but only its varying states, you can accomplish this work only by adopting extraordinary means. You will have to steel the feelings and still the mind. In short, you will have to deny yourself. 20.3.155 *sl*

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*

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 avers it but because our own experience proves it. 25.1.39 *sl*

Yoga Vasistha

From: Tarthang Tulku Openness Mind: Meditation and “Awareness”

Meditation is a way of opening our lives to the richness of experience... not limited to certain times and places. ... In this kind of meditation we learn to embrace and learn from whatever we experience.

This all-embracing form of meditation, however, is not as easy as it sounds, for it entails mindfulness in all we do. We cultivate this awareness in every aspect of our lives...

By learning how to be totally satisfied every moment, our time will never be wasted.

"Inherent in the realization that our everyday world is actually always changing is the realization of intrinsic awareness"

MEDITATION a: Visualize a vast open space, by thinking of all external objects as well as our bodies as being part of this space, all within the immediate moment. Finally, no barriers remain. Only a higher awareness alive and healing which gives warmth and nourishment.

MEDITATION b Let the body and breath be an anchor for the meditation. Open all your cells, even all the molecules that make up your body, unfolding like petals. Open more than your heart. Open your entire body, every atom of it. Once you touch your inner nature this way, everything opens up. Energy flows from this openness.

MEDITATION c: AWARE OF AWARENESS

Our natural state of being is awareness: an awareness which is not of anything but which is an all-encompassing state of pure experience. ... This awareness is accessible to all who search for it: it can always be reached by delving into the nature of experience. We are not, however, able to stay in this awareness...it gives way to ordinary consciousness, which divides our perception into subject and object, creating as subject a self-image, the “I”.

MEDITATION d: LET IT BE

Be very still and relaxed, and do not try to do anything. Let everything—thoughts, feelings, and concepts—go through your mind unheeded. Do not grasp at them as they come and go or try to manipulate them... let meditation do itself.

Each moment, the entire field of experience is present to an ocean of non-objective open awareness. let the thoughts be, and be aware of the space around them. Be aware that there is awareness. do not try to direct the awareness to or away from any thoughts, do not attend to the content either, but just notice. Awareness will come of itself: just stop holding on, stop grasping. Just let everything be. Accept all, but keep your mind open to what is not manifesting.

After we learn to let thoughts slip by, the thoughts will slow down, and nearly disappear. Then, behind the flow of thoughts you will sense a feeling which is the foundation of meditation. When you contact this quiet place behind your inner dialogues, let your awareness of it grow stronger. You can then simply rest in the silence. For in that silence there is nothing to do, there is no reason to produce anything or to stop anything.