

**CONSCIOUSNESS 1.** Consciousness is dualistic. Lower consciousness is the gross mind; higher consciousness is the subtle mind - our true self, our inner God, our spirit, our heart, our soul. **L**ower consciousness is our faculty for acting and re-acting, it is our ego and provides our life-functions. As it runs our lives it forms our perceptions, beliefs and concepts of truth. **H**igher consciousness is devoid of ego and thus presents us with perspectives of what is real in our own existence, and the world; it relates to universal consciousness like a drop to the ocean. **L**ower consciousness, as our mind - which is a function of our brain - is part of our material self, our body, whereas it seems higher consciousness is separate from our material existence. **C**onsciousness alone is creative: Universal consciousness created the universe\* - our consciousness creates our lives. During meditation we connect with our higher consciousness.

*While we act from lower consciousness, ego is likely to fall victim to our basest emotions, such as are described as the Seven Deadly Sins: Lust, gluttony, greed, sloth, wrath, envy, pride.*

*Universal consciousness is the collective of all higher consciousness entities. Some religions assign seven levels of increasing subtlety to universal consciousness, culminating in God.*

*The more our consciousness is elevated, the more we will act from love and understanding. Union with our higher consciousness leads us to inner peace and ultimately brings world peace.*

*Awaken, be aware, be conscious. Once humanity is conscious, there will be no need for priests, judges, politicians, generals. There will be no religions, no crime, no ideologies and no wars.*

*\*The idea of universal consciousness as the underlying energy that is the initiator of all that is, lies at the base of most religious systems and many philosophies.*

*So this is the crux of the matter: Never mind disputes over whether or not God exists; the issues regarding consciousness and mind ought to be at the heart of our inquiries.*

*In his book The Self-Aware Universe, how consciousness creates the material world, physicist Amit Goswami talks of The Philosophy Of Monistic Idealism, the antithesis of Material Realism.*

*In that chapter four he discusses the viewpoint of various religions and philosophies in respect of the non-duality of the 'one' universal consciousness, which Hindus refers to as Brahman.*

*Says Goswami, "it is important to recognize that monistic idealism is a unitary philosophy; any subdivisions - such as the imminent and the transcendent - are within consciousness."*

*Thus consciousness is the only ultimate reality. The one without second. The ground of all being. There is nothing else. That which now lets the dark appear, now lets the light appear ... the Tao.*

con·scious·ness

1. the state of being awake and aware
2. a sense of one's personal or collective identity
3. the awareness of oneself as well as the world
4. the creative energy at the core of creation