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## **Enlightenment – Initiate Level**

Definition: Enlightenment is about aligning your energy and consciousness to the Universal Source. Simply put it is the evolution of consciousness.

## **Consciousness**

**Definition:** Higher Consciousness: A higher level of consciousness relative to ordinary consciousness, in the sense that a greater awareness of reality is achieved. In a secular context, higher consciousness is usually associated with exceptional control over one's mind and will, intellectual and moral enlightenment, and profound personal growth. In a spiritual context, it is associated with transcendence, spiritual enlightenment, and union with the divine.

Consciousness is the basis of all life and the realm of all possibilities. You cannot perceive enlightenment without first understanding the role consciousness plays. Consciousness is described as having three levels. The first level of consciousness is about how an individual sees and understands the world as something outside of the individual. In other words, the individual is the subject observing objects. The second level of consciousness is about a certain degree of awakening. The individual's consciousness realizes that the way the individual sees and understands what goes on around the individual, depends on the level of awakening of the individual's own consciousness. The individual knows that the individual is the one who projects reality and gives meaning to their world. Finally, the third level of Consciousness allows one to fully understand that the only truth is that Consciousness is the Creator and that without consciousness nothing can exist. It must perceive awareness.

The great thing about the levels of consciousness, is that by simply knowing about the levels, raises one's level. The quickest way to transcending the levels of consciousness is to focus.

## **Enlightenment**

Enlightenment is the realization of the fundamental nondual nature of consciousness itself and its dynamic which underlies all perceived and conceptualized phenomena as non-conceptual and non-experiential substrate, which like empty space contains no ether. Let's figure out exactly what this means.

Throughout the ages, there are parallels of conscious evolution that have existed within the developments of all civilizations simultaneously because of the universal intelligence to which we are all connected to and part of. It is through this context that we enlighten ourselves to the evolutionary potential and the underlying unity of matter and energy and of light and time. In reality enlightenment is the ancient and timeless process of the return to the Universal Source and of our true universal nature.

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Ancient wisdom tells us this transformation is not an anomaly or departure from human nature, but rather the actualization of our true potential. This knowledge reveals and activates the universal qualities within us that are identical to the Universal Laws of the Universe and at that moment, one realizes with acceptance and acknowledgement of the eternal, that life and death flow into one, and there is neither evolution nor destiny, but only being.

Without enlightenment, the physical being lives an optical delusion of their consciousness. This delusion acts as a prison, restricting them to personal desires and to affection for only a few persons nearest to them. The task must be to free yourself from this prison by widening your circle of compassion to embrace all living creatures and the whole of nature in its beauty. The spirit is filled with unconditional love, and has no ego characteristics of fear, anger, jealousy, competition etc. As you become enlightened, you will no longer hold on to these negative emotions created by the Lower Self. Enlightenment is therefore a journey from the Higher Self to the Universal Source, to which the evolved unified-self express the encompassing qualities or characteristics of enlightenment.

Enlightenment is a very personal and complex experience, and a precise enlightenment definition can therefore be difficult to come up with. However, in general it is often referred as an expansion or *a shift in consciousness* from the Lower self to the Higher Self in alignment with the Universal Source. It is a state where the Lower Self no longer exists. A definition of enlightenment could therefore be the awakening to full higher consciousness. Enlightenment is a vision, not an action. It changes how one sees the physical world and the Universes. The world is no longer viewed by the Lower Self, but is seen through the eyes of the Universal Source (instead of seeing the world from our Lower Self). It takes practice and only a few people will ever be fully enlightened without any trace of the Lower Self remaining. For most people, enlightenment is an ongoing process for the rest of our lives.

### **Enlightenment and Ascension**

The simplicity of Enlightenment is understood when the primal error in perception or a belief in a self that exists in a state of separation from the Universe is resolved and the illusion of duality is transcended. Duality is a fiction and a creation of the Lower Self, designed so that the ego can perceive the world from a linear standpoint and make sense of it. As with awakening, enlightenment dissolves the illusions of space and time. The illusion of space-time is created so that the physical mind can distinguish one form from another and project them in sequence into space-time. Once all forms are projected onto the matrix of space-time, the world of separation is born. Everything is then seen as existing and separate from ourselves. These projections are simply thought-forms and have no deeper external reality of their own.

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No matter how real the world of matter seems, deeper inquiry will show that it does not exist outside of the five senses of our own Awareness. The sensory channels experience the apparent outer world through sensations and these sensations are then relayed to and interpreted by the physical mind. Whatever is seen, tasted, touched, heard or smelled is thus experienced by the mind and within our own Awareness. The mind projects thoughts externally (including all sensory mechanisms), sees what it projects and mistakenly believes the world of forms preceded the mind. This projection is the root cause of entrapment.

This confusion arises from the mistaken belief that forms exist outside of ourselves and thus outside of our own Awareness. Forms are then seen as solid and concrete objects, apparently existing independently from our own consciousness. The belief that they are separate reinforces the illusion and the belief in a state of separation from the rest of the Universe. This belief and the subsequent experience of separation then cause all the forms of suffering known to humanity. To unravel our erroneous beliefs enables us to become free from all suffering, aligned with the loving wisdom of our own Presence and presents the opportunity of resolving the karmas that led us to have a body in the first place. Upon the resolution of all karmas – one transcends the human condition and is able to complete one's Ascension.

### **The Stages of Spiritual Enlightenment**

As stated, spiritual enlightenment is an ongoing process, and most people will never be fully enlightened. But what are the stages of spiritual enlightenment into full bloom enlightenment? We categorize the enlightenment process into three stages:

- 1.** As you leave your ego behind in the first stage of enlightenment, you stop worrying, analyzing, criticizing, and judging yourself and others. Your mind becomes still, quiet, and calm. You are very awake and present oriented. You need a lot of Light in this first stage of enlightenment.
- 2.** The second stage of enlightenment is about feeling connected to everything and everyone around you. Your soul starts merging with universal consciousness and you experience unconditional love. You are merging with Light.
- 3.** When you experience the oneness of the Universal Source and the Universe, you enter the third and final stage of enlightenment. As an enlightened soul, you and the Light are now one. You are now fully enlightened.

### **The Signs of Enlightenment**

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As you become enlightened you will notice changes around you and within you that are referred to as signs and symptoms. A sign is something that can be objectively observed by others, and a symptom is experienced by you. This section will discuss the signs of enlightenment.

As you become spiritually enlightened, people around you will notice that you are much happier, more confident with yourself, more content with your life, more calm and at the same time more passionate than ever before! They will also notice that everything is always working out for you, and that you often seem to meet the right people at the right time. They might even ask you if you have magical powers.

However, it is also possible that your friends and family will find you more stressed, irritated, or anxious than ever before. How can this be signs of enlightenment? Well, if you have recently experienced an awakening and are still at *the* first stage of enlightenment, you may still follow your Lower self from time to time, especially if your enlightenment has come about very quickly. If you listen to your Lower Self instead of your inner voice, this inner resistance will become more apparent than ever before. In order to get balanced, you need to let go of your Lower Self.

You can't go back to who you were before, now that you have become enlightened! You can't think bad of yourself and others, now that you have experience unconditional love – this love that links us all together – without feeling bad. You feel bad because your inner being is not agreeing with you. Your inner being can only feel unconditional love, and since you are now enlightened and fully connected, you feel bad when you cut off this connection.

Also, as you change, things around you will change, such as job, career, friends, hobby etc. Other enlightenment symptoms can be the need to withdraw from family members and friends. This has to do with old karmic bonds that have now been released. You will need some time by yourself to gain your balance. As you become enlightened, you now stand from a new vantage point, and can build new and improved relationships, based on mutual love and respect.

### **Symptoms of Enlightenment**

Enlightenment can help unlock psychic abilities.

Common symptoms of spiritual enlightenment are feelings of stability, harmony, inner peace, joy, appreciation, inspiration, and passion. Other symptoms of spiritual enlightenment are the increased and acute awareness of your emotions and your surroundings. The five senses are heightened and the sixth sense opens up or expands. Many people will develop their psychic abilities as they become spiritually enlightened and are able to communicate with the spirit world.

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However, if you are at the *first stage of spiritual enlightenment* (see the stages above) and the spiritual enlightenment has come about very quickly, it is possible that you are still stuck with *old negative thinking patterns* (created by your ego). If you don't let go of your ego, you may experience **uncomfortable spiritual enlightenment symptoms** such as physical pain, heart palpitations, confusion, sadness, night sweats, change in sleep pattern, intense dreams etc.. These symptoms are signs of an inner resistance that you haven't yet released.

Your inner resistance from your negative thoughts (ego) will become more apparent now that you have grown spiritually and have tasted the feeling of being spiritually enlightened. Negative thoughts vibrate much slower than positive thoughts. So, if you introduce negative thoughts now that you vibrate at a higher frequency, you will feel this collision much harder than ever before. It's like driving a car and hitting a tree, the collision will be harder if you drive at a higher speed!

**enlightenment is about letting go of your ego**, and if you "slip back" to your negative habits created by your ego, you will suffer. So what do you do? You release your inner resistance by *deliberately* choosing a thought that feels better, and then choose another thought that feels even better etc.. As you keep up this (thought by thought, minute by minute, day by day), you raise your vibration and change your old thinking habits. You will no longer allow your ego to control your thoughts and life. Instead, you will regain your true power from your inner being!

Other symptoms of spiritual enlightenment are feelings of loneliness, increased self-talk, a feeling of going crazy, and a loss of passion. Remember that all these uncomfortable symptoms will pass as you let go of your ego. You release your ego by clearing your mind and by deliberately choosing better feeling thoughts.

Now, let's see what you can do *deliberately* to reach enlightenment.

### **How to become enlightened**

Depression or near death experiences are very common catalysts for spiritual enlightenment. However, you don't have to wait for something unpleasant to happen before you become spiritually enlightened.

Also, if you are on the *first stage of spiritual enlightenment* (see the stages above) but are not able to completely release your ego – and are therefore experiencing unpleasant spiritual enlightenment symptoms – there are things that you can do. So what are the best advice on how to become enlightened, and move beyond the ego?

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In order to release your ego, and thus allow spiritual enlightenment, you need to quiet your mind and focus on something that feels better. Below are tips on how to become spiritually enlightened. Choose a discipline that feels *inspiring* to you!

If you have problems releasing your ego, or if you are stuck at the first stage of spiritual enlightenment and want to move on, here are some things to consider.

First, *intention* is always important in order to manifest your desires on becoming enlightened. So, set your goal at spiritual enlightenment and have a desire to expand your awareness. Don't force your mind though, allow the spiritual enlightenment to manifest. So how do you do that? By *accepting* whatever life will bring to you (good/bad). Every single life experience (good/bad) will help you grow and become more spiritually enlightened. Self-awareness is a step toward spiritual enlightenment, and enlightenment is the product of personal growth.

Allow the spiritual enlightenment by accepting "what is".

Reaching spiritual enlightenment is about *being ready*. You can go to seminars and read books on how to find spiritual enlightenment, but no matter how hard you try to listen, you will not truly hear until you are ready. Your search for spiritual growth and intention of becoming enlightened, is a very positive sign that you are spiritually awakened and aware, but **don't force the enlightenment process**.

Don't get caught up in our modern lifestyle, wanting quick fixes and results. Instead, let your enlightenment experiences happen *naturally* at your own pace. This will allow you to release your inner resistance gradually, so that you will have the time to regain your balance in your body, mind, and spirit. As you *gradually* go through the stages of spiritual enlightenment, you will also avoid having unpleasant symptoms of spiritual enlightenment.

If you've had an awakening, you probably got to surf on these waves of bliss or profound inner stillness. Everyone has slightly different qualities to their awakenings, but generally speaking, it feels good. It's like getting your first full cup of pure water after being in the desert. However, your capacity to drink and hold this water of life is very limited. You have no practice in holding it in your space. So when the gallon jug of water comes next, you don't think you can drink another drop. You feel filled to your bursting limit, and burst you will.

### **Overview of the Healing Process**

Here's my attempt to boil down the process of releasing pain and healing into a few quick bullets. Keep in mind that everyone's process is different, and when the seas are really stormy, it's hard to get much of any bearings on the process. But here goes:

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- **Expansion.** You are venturing beyond your usual comfort zone. Life is filling you up.
- **The Turn.** You hit an edge. You start to get pulled back. If you can sense when this turn comes, it can help you to identify what the issue is that is chaining you and is about to be healed.
- **Contraction.** Your energy disappears for all or most external world things. This is when doing anything in the world blows up in your face. You feel like your body is a pressure cooker. You may feel pressure or extreme discomfort on parts of your body. It's time to self-nourish.
- **Dropping Into the Process.** Grieving, sickness, or feeling all kinds of upset feelings (fear, anger, shame, etc.) arise. Gentle, loving awareness is needed to see what's going on as well as to help heal it. Find tools and support as appropriate.
- **Release.** Depending on your process, the release can feel good immediately, or you may go further into grieving or potentially an illness (once again, please, please, PLEASE consult with a doctor for physical illnesses).
- **Clearing.** You feel the pressure cooker let up. You feel more flexible in your body, more open in your heart, more clear in your mind, more clear in your energy and connections with others, all of the above, or something else.
- **Next Expansion.** You fill up with more of your light and expand until you hit the next crop of issues and karma that needs to be healed. The cycle renews.

### The Long Look Down

The spiritual path is always taking us inward, and I encourage you to look inward. Especially when one of these shifts is going on, it can take a lot of love and courage to do so. But we've all been looking away from ourselves for too long. We've ignored our inner space and ourselves to large extents. It's time to stop. It's time to see what all we are carrying. Whether you are just starting, healing, or awakening (which kinda combines healing and expansions simultaneously), you can do this. Pain can be released, and as you do, you will feel more amazing and open than ever before. You will finally get to feel like you. Letting go of beliefs is a natural part of the spiritual path. As you've come to identify and accept a lot of core and limiting beliefs, letting go is what eventually must follow. Early on, this can be a big thing because people are so identified with the unconscious ego. There's a lot of fear because people feel like they wouldn't know who they are or what to do without the belief system. As people let go of a lot of the littler beliefs--although at the time they tend to feel really big--they discover how much space is let into their lives. For some, that extra space is very confronting. They feel like they don't know what to do with it and may immediately try to fill the space. But wiser souls let this space consume them and open them further. In that openness a great deal more love, light, and truth become evident and accessible. This further illuminates other beliefs.

People may start to wonder what is there to believe in at all, and truly, living our lives is much simpler when we aren't caught up in an intricate web of beliefs. So many beliefs are fear-based that everything

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must be seen first to see if any beliefs are really necessary at all. In many ways, a belief is like clinging onto an idea and trying to apply to other things in life. But you don't really need to believe in gravity for it to be there, do you? It simply is, and the more you let go of beliefs, the clearer your perception gets of what is and what is made up.

### **After the Identification**

Early on in spiritual shifts and just after a awakening, people are thrust into a phase of identification. You have to see what is here, see what you have created. Many people don't like what they see and try to blame the path. Wiser souls continue on, accepting what they have done. As such, I am writing for those of you wise souls who know what's in the metaphorical house. At this point, there really aren't many if any core and limiting beliefs that you aren't aware of. They may still be running around in the house, but when you bump into one, the shock, awe, and dismay are gone. You know it's time to show them the door, and so you do.

The letting go process (Identify, Accept, Embrace, and Let Go) tends to happen all at once. This arises because at this phase of your spiritual journey, you have so little investment in holding onto old unhealthy beliefs. So if you run into the lack of self worth issue again, you are not upset or interested in believing her story anymore. In this example, she doesn't want you to speak up, but you've spoken your truth countless times. You know you don't need her. You gently relax from feeling the trigger that brought her back up from the basement and show this latest iteration of this belief the door.

### **The Crumbling of Ideologies**

All ideologies are false in the sense that they are mental constructs. They are attempts to wrap human ideas and words around phenomena in life. Sure, they can be useful. But you don't really need to believe in an ideology to create a car that runs safely. You can use the principles that have been offered to you and observed by yourself and others around torque and internal combustion engines, but you don't have to believe that all these principles are the only way to view life. Humble scientists know how much they don't know and that break-throughs arise when ideology is not present. When ideology is in force, situations such as Galileo being condemned for proposing that the earth circled the sun happen.

Now, I'm not indirectly pointing a finger at religion. There are many kinds of ideologies. The ideology of science can be just as problematic. In truth, an ideology is a belief system that attempts to explain life and tell people how to live. In many ways, it's an attempt to offer safety people. If you believe this and do that, you get to go to Heaven (safety). If you don't, you go to Hell (definitely not safety).

But there's no need to outline all the problems with ideology. Rather, I am pointing to what you may be experiencing and realizing--that no set of beliefs is real. All ideas are made up, and just as many beliefs you had about your self have dissolved, any beliefs you have about the world are also going to dissolve as you deepen into the awakened space.

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### **The World Is as it Is**

A lot of people want to create a new ideology. This myth is that we're all becoming more conscious. It's a pretty little lie. It's not inherently a bad aspiration, but if people become kinder and gentler towards each other, we don't really need to believe in it. It's right there. So who is it that needs to believe this? What does this belief get you?

More often than not, these types of beliefs will blind you. It will blind you to the horrible atrocities going on around the world because you may want to see a world that is kinder and gentler (and how you could measure that is beyond me). This is no better than the pessimists and cynics who believe the world is totally horrible when there are so many kind and loving people doing amazing things. Neither belief system works. There's no need to believe the world is anything than a globe populated with a whole bunch of different species interacting in billions of ways. But this really isn't a belief, is it? This is what is. You don't really need anyone to explain that further, and that is the simplicity of spiritual seeing.

### **Letting Go of More and More Beliefs**

In this space of awakened awareness, we recognize that there are an infinite number of ways that things can go, and one teeny, tiny little belief or set of beliefs cannot possibly account for all of that.

### **What Is Left?**

If any one belief is left, it must go. These beliefs serve nothing. Just be. Being isn't a belief. It's what is. The here and now is what is. You don't have to believe that you are here and now, although initially people seem to struggle with that basic truth. For those earlier on the spiritual path who are reading this, all of this can sound incredibly frightening. This is why there are so many spiritual tools for people at the start of the spiritual path. They're kind of like training wheels, but the irony is that you already know how to ride this bicycle. You've done it your whole life, but you were so wrapped up in your beliefs about how you thought you should behave and live in the here and now that you couldn't see it. You also couldn't see the pain all these beliefs were costing you. That's another reason why people awaken to so much pain and dis-ease initially--all the beliefs they've been living by have been hurting them greatly, but they couldn't see the truth until now.

In the calmer waters that come later in the path (they're calmer because you have fewer beliefs agitating the lake), you work through both subtler and harder beliefs. Some are subtle, but also hidden in plain sight such as all the energy that still gets put into acting as a somebody (the clothes you wear, the things you do, the things you don't do). All these things are right out in the open, and while we can do anything, it is important to see if there is still an ego inside trying to be a somebody as opposed to simply doing what feels true in the moment to you.

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The harder beliefs can be things like deeper levels of fear and shame, and they may not come up in most situations. Some of the deep issues come out of the animal instinct level that believes basically two things--you need to survive and you need to continue the species. This is one of those basic levels that forms the foundation for a lot of social programs running through us. For instance and regardless of your sexual preference, having a partner isn't necessary. The original partnership social belief is primarily about bringing a man and a woman together to continue the species. It also can be about getting your means for survival met as well. If two foundational beliefs come together, they become powerful cages that can entrap us our whole lives.

### **Everything Is Life**

Whenever the last belief falls like the last leaf from an Autumn tree, that is total freedom. I don't talk about total freedom because too many egos think they want that. They don't know what they're asking for though. Generally, turning spirituality into a goal has unforeseen consequences especially when the unconscious ego begins to see what total freedom is. However when all belief has evaporated, what remains is everything. What remains is life, and everything is life operating at its own density and level of awareness. It's always shifting and changing, so in joining with it, we are always shifting and changing (but we always were anyway). Yet, we are also permanent, so there are some more solid truths that you will find yourself resting in. That inner permanence that does not change and is our grounding, and it doesn't need you to believe in it. You don't need to believe that life is changing either. In any given moment, everything is as it is. Then we embrace that as human beings life changes. Nonduality gives way to duality. Paradoxes come to life when inner belief systems no longer vie for an answer. We embrace that expansiveness because there's nothing else you can do without falling back into illusion.

### **Summary**

We live in infinite consciousness in infinite realities. Astral projection and dreams are but the smallest glimpses of these many different worlds we find ourselves in. Be aware and never underestimate your power. Seek the Light in all things and you will have joy.