

CONSCIOUS EVOLUTION TO HIGHER CONSCIOUSNESS

This is but the mere beginning levels of enlightenment. After these basic tests and triumphs there are newer and more delightful experiences in store. There is no limit to the adventure and the reward of intimacy with your higher consciousness and the Universal Source.

Albert Einstein once said "A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." Simply put, humans have always had a universal connection, but over time have lost the ability to recognize it. Recognition comes when we begin to question and this awakens the abilities to access knowledge that leads us to acceptance. The process is slow and gradual, but the path to awakened consciousness leads us to reality. Albert Einstein once said, "The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift".

Throughout time, humans have been on a quest for the hidden knowledge of the universal source or divine consciousness. The key to conscious awakening is simply to seek continual growth in the never ending journey to higher dimensions of consciousness and bringing enlightenment to our awareness. It is this state of becoming true to ourselves that allows us to achieve the state of super consciousness and in so doing, the process of awakening consciousness transforms our perceptions and the realization of fundamental truths. It is the achievement of walking in the spiritual realms while living in the physical world.

We don't start off life as a blank slate, for our soul blueprint contains our incarnate experiences from prior incarnations. The higher centers of the soul are simply atrophied due to biological and social programming factors we receive from birth, childhood, and adulthood that cause neglect and forgetting. Our stages of conscious awakening reflect the macrocosmic process of conscious evolution. Awakening is a shift in consciousness in which thinking and awareness separate. The goal is to retrieve what was locked away within us, to re-establish contact with our higher centers, and ultimately remember our true being.

Our minds base experiences on presumptions that are predicated on previous experiences in the physical world. That being the case, you may feel fearful as you discover unknown dimensions of higher consciousness, but most assuredly your experiences in higher consciousness will test you, exhilarate you, and gratify you all at the same time. It is also normal for your emotions to be tested beyond the normal comfort range, but also creating a desire to seek the Universal source and revel in the discovery of your true being. Just know that this is all part of your inner journey through the conscious evolution process.

To accelerate conscious evolution, one must apply daily principles. And in so doing, one will quantum leap to a higher level of knowledge, Enlightenment, and higher consciousness. Knowing is not enough, it is the continual practice and application of what we know that is crucial to the evolution process. The bonus is, when we work these principles in harmony with the Universal Laws, it empowers us with tools

to achieve a successful and fulfilled life. And with that comes unveiled mysteries and astonishment that life is designed to be eternal, via the transmutation process known as Ascension.

It is very important to understand the levels of awareness which you will likely experience as you transcend to higher consciousness and become enabled to live in it as a new person. In reality, there are twenty two levels, but for the sake of awakening we will only discuss the seven levels in this article. The remaining levels will be discussed at a later date. Understanding the seven levels of awareness means understanding your own body. The keys to enlightenment have been and always will be part of you. The only thing you have to do is believe.

The first step is understanding the body. "*Chakra*" is a Sanskrit word literally meaning "wheel." These centers were named as such because of the circular shape to the spinning energy centers which exist in our subtle etheric body, which is the non-material energetic counterpart to our physical body. There are many chakras, but for this purpose we will only be talking about the seven main chakras and they are located along the spine extending out the front and back of the body. Each chakra has a number of specific qualities that correspond to the refinement of energy from the base-level material-self identity, located at the first chakras, up to the higher vibration spirit-level awareness of being at our crown. These energetic centers represent our highest level of integration split, prism like, into a spectrum of colors. Our opportunity in studying them is to learn how to master each chakra's essence and unite them all into a unified field of brilliance. As such, we re-unite our disparate parts into a radiant light of full self-awareness.

The chakras are formed at the junction of three connected energy shafts that ascend the spine. One on each side of the central channel, the *Shushumna*. The two lesser channels of energy -- the *Pingala* on the right and *Ida* on the left that run parallel to the spinal cord. *Chakras* both take up and collect universal life force energy and transform and pass on energy. Our material bodies could not exist without them for they serve as gateways for the flow of energy and life into our physical bodies.

Each *chakra* is associated with a certain part of the body and a certain organ which it provides with the energy it needs to function. Additionally, just as every organ in the human body has its equivalent on the mental and spiritual level, so too every *chakra* corresponds to a specific aspect of human behavior and development. Our circular spirals of energy differ in size and activity from person to person. They vibrate at different levels relative to the awareness of the individual and their ability to integrate the characteristics of each into their life. The lower *chakras* are associated with fundamental emotions and needs, for the energy here vibrates at a lower frequency and is therefore denser in nature. The finer energies of the upper chakras correspond to our higher mental and spiritual aspirations and faculties.

The openness and flow of energy through our *chakras* determines our state of health and balance. Knowledge of our more subtle energy system empowers us to maintain balance and harmony on the physical, mental and spiritual level. All metaphysical systems seek to balance out the energy of the chakras by purifying the lower energies and guiding them upwards. Through the use of grounding, creating "internal space," and living consciously with an awareness of how we acquire and spend our energy we become capable of balancing our life force with our mental, physical and spiritual selves.

In order for us to become fully self-realized and in harmony with our physical and spiritual nature our denser lower energies need to be harmonized with the lighter energies of the upper centers. This is to say our survival and base tendencies have to be raised to incorporate a heart-felt spiritual focus expressed in all areas of our being. Indeed, each of the upper-level energies corresponds and refines a

lower level counterpart: seventh with first, sixth with second, fifth with third. In the center of our being is full integration into the heart.

Each center has an integral function in creating our energetic balance. It is through the study of our energetic and physical being that we can create health, emotional stability and spiritual bliss. The following chart maps out the primary qualities of each chakra, its corresponding location in the body, color, physical and emotional realms of influence, and its greater significance.

Once we have an understanding how the chakras effect the Higher Self, Lower Self, and physical self, we can begin to understand the six stages of transcending enlightenment to higher consciousness.

1 — Transcendence is the evolutionary process which causes a permanent shift in consciousness, moving beyond prior conceptual, presumptive, or behavioral limitations through which the spirit-comes to know itself as spirit and no longer functions at the lower self or ego level.

All life is conscious energy. Transcendence is not about reaching a higher plane of existence. We transcend by moving past the belief that we are these bodies and understanding our true identity as in indivisible, interconnected part of the Divine. There is a barrier between us and the Divine, but it's a barrier we've erected. This barrier is composed of the many layers of social conditioning we're attached to, and these layers blind us to our true identity as an inseparable part of All That Is. So instead of surmounting this barrier, we can demolish it instead. We can easily transcend what most of the world perceives, comprehends and experiences simply by acknowledging the oneness of All That Is. We can understand that the universe of separate forms is no more than an illusion that overlays quantum oneness. We can see the Universal Source in all things.

Our demolition work begins with letting go of the dualistic thought process that's the foundation of separation. Everything in our universe exists as a continuum, but at the ends of every continuum opposites exist, like light and dark. This is not a problem when we understand that everything within oneness depends on its opposite for balance and completion. For instance, the yin yang symbol allows us to visualize the balance and perfect integration of opposites within oneness. As symbols of positive (yang) and negative (yin) cosmic energy, each carries a portion of the other within itself. Neither energy dominates nor can the parts be separated and still exist within the context of wholeness.

2 — Supreme Knowledge

When you feel at home with the shocking and breathtaking realization of the universe as a play of energy or consciousness which you are able to behold through your heightened senses and subtle mind, you enter into a state of indescribable tranquility. It is so deep that it seems to pervade not only your bones and body but the air around you. The energy around you or wherever you may go has a radiant quality. Others may love to stand near you and even animals may wish to abide with you in the new atmosphere which radiates from your new level of consciousness.

In this state of tranquility you are able to free yourself from old habits, free to choose new and better ways to express yourself or spend your time. You achieve a serenity that enables greater freedom of choice and greater ability to be constructive.

While perhaps the first level of higher consciousness is the most shocking, that ability to behold the entire world, yourself, and life in an entirely new light is certainly overwhelming, but it is also quite amazing to find that the body and mind feel uncomfortable with serenity at first. There is a tendency from old thoughts, feelings, and perceptions of the world to avoid what is so wonderful. There is

resistance at first which tries to prevent serenity from occurring. And, if the serenity nevertheless occurs, there is reluctance about staying in it or in allowing it to go on.

Further, there is a treacherous residual malice which strives to deprecate, deny, or criticize the serenity, to limit it or make it go away. There is the haunting feeling that to be serene and tranquil is not human; or some such rationale floods the mind in its desperation to tyrannize your organism once again with its conjectures, doubts, apprehensions, and play on your fears from those days before the dawn of higher consciousness.

It takes practice to accept the insights which you have gained about the world as consciousness and thus re-establish yourself in a serenity which enables you to thoroughly align your thoughts and feelings with your new state of well-being. You may find it hard to accept serenity as a natural state, however, with just a little observation you will notice that in your new serenity you are more active and more efficient than you have ever been before. You can also relate to others more easily, and you can perceive and achieve goals more successfully.

In this serene level of higher consciousness you make choices and decisions about retrieving and remembering your true character, letting go of destructive flaws, and accepting and creating tendencies of character which are supportive of your perceptions of yourself and the universe.

3 — Universal Abundance

Your realization of higher consciousness now inspires you with courage. You begin to know that all the strength you need to succeed in your quest will be instilled within you. This gift of courage from your higher consciousness is fully accepted and you feel very strong and powerful but are perfectly aware you do not own this courage, that it is bestowed on you as a gift through your surrender to the Universal Source. In this state of courage you sense that whatever you truly need you will always have and you will know how to attract it or achieve it.

In this state of courage you are finally able to let go of deep insecurities that plague most everyone such as greed and covetousness. In your new security you find you do not have to be greedy, and the tension and misery you used to feel is released as you throw greed away. It is no longer a necessary part of your lower self. You also find you do not need to desire anything or anyone else in the world. You sense in your courage that whatever you truly need will be yours, without question. Your higher consciousness will enable true fulfillment. You no longer need material attributes as symbols of accomplishment or self-esteem.

It is at this point in your adventure that your courage will be tested many times. Having the conviction of true courage, as well as freedom from greed and covetousness, your life will very likely put you to the test. This testing is a subtle agreement between your higher consciousness and your world. You will be given many opportunities to find out if there is any residual greed hiding within you. Again and again you will be made to feel lacking, as if without some object or situation you cannot persevere. At that point you will find out whether you feel greed or perhaps even wish to have the monies and objects someone else has. You will be tested many times, and may fail several times before you go on to the next level of the adventure. What has to be established within you is a courage that prevails against any challenge. True courage is involved in facing your fears and succeeding in spite of it, not allowing it to diminish your courage in any way.

The quest will determine whether you want to use your old-fashioned, cunning ways, developed before the dawn of higher consciousness, or whether you mean it when you say you wish to live a life in higher consciousness and that it truly is capable of sustaining you.

It's easy to talk a good game and cite many miraculous events of the higher consciousness, however, all too many people have given up and broken faith with their higher consciousness, their true nature, when their life situation was critical, when the results were very, very important, and when no help or inspiration seemed forthcoming. These "edge-of-the-precipice" experiences are the true builders of character and the real transformers of higher consciousness.

It is at this third level that many initiates in higher consciousness pause for a very long time and gratefully recede into fleeting moments of serenity rather than face the unknown and go forward.

It would not be correct, of course, to maintain that one simply relies on the higher consciousness to do everything. One should seek to attune mind, body, hands, feet, words, everything, with the higher consciousness and seek greater common sense, among other things, to know how best to serve the higher consciousness in the practical, day-to-day matters of life. The person who is passing this test of true courage is not sitting somewhere in a dark room waiting for somebody to throw a loaf of bread or a gold brick through the window. He or she is actively moving about in life but living that life from a sense of deep inner satisfaction and a willingness to cooperate with the great inner wisdom and the Universal Source.

When true courage is accepted and it becomes part of your nature, and when greed and covetousness have truly fallen from you and are no longer your tendencies, then another level of higher consciousness makes its appearance.

4 — The Extent of Your Being

In this level your sense of self expands. Having grown in higher consciousness, you are now bestowed the ability to let go of your egocentric drive. Releasing the tremendous self-preoccupation that most people have, your sense of self lightly and easily expands outward from you, moving out beyond the confines of the body, extending not only to the horizon but beyond the horizon. There is a rush of awareness that you are conscious energy yourself, pure awareness, and that you are not confined to a body. You can extend your being, your essence, not only as a general glow or radiance but this marvelous light of your being, this marvelous power of your being, can extend to infinity and it does.

This infinite, vast experience is filled with ecstasy and delight. It is called cosmic consciousness. You are now able to realize your cosmic or universal self. You realize what mystics through the ages have experienced through their profound meditations. You are alive as never before.

Usually these expansions last about half an hour and then you return to physical awareness and feel that once again you are abiding within your body. The nerves have to be strengthened in order for this experience to occur in the first place and if you are to have expansions that last more than twenty minutes to a half hour, then your nerves will have to be very strong because the rush of energy is very powerful.

As a result of this expansion you feel deep empathy and attunement with all people. No one is a stranger to you. Everyone you meet somehow feels like a member of your group.

This cosmic consciousness, or expansion, is not without its tests and difficulties. Very often you will find you are about to have the experience but you choke. That is, you hold back, you do not dare let go of your self-interest or your attachment to your body. It is often difficult to expand even a little bit, let alone allow the process to extend to seeming infinity, which is indeed what can happen.

So, many people balk at this point. They are afraid to let go of their body and to experience a change in their perception of who they really are. It's scary, and it is not known to the beginner what is going to happen. There is a fear of losing oneself, or of dying, or of being very unsafe. What should happen if one is out there and the phone rings or somebody comes into the room? Perhaps one won't be able to get back in the body. All these fears have to be dealt with by a patient acceptance of the higher consciousness and a willingness to work with it and to understand it.

Sometimes it takes a person over a year to be willing to trust this expansive pressure that builds up, usually in the chest area. Some people who begin the experience and then, through fear, stop it, give up the spiritual path and live in quiet terror that the expansion might happen to them sometime. They find the feeling utterly horrible, their sense of self being altered. Often one needs the help and inspiration of a Master who routinely experiences this state. Such guidance encourages the aspirant to be patient and to be pleased when the expansion tries to happen.

The difficulty is based entirely on the strength of the ego and its predilection for self-centeredness. The higher consciousness will not overwhelm the ego. It patiently waits for a time that the ego is willing to experience something beyond itself, willing to welcome a new state of freedom to occur, and willing to surrender control to the higher power, the greater wisdom, and the true love within.

Many seekers do not understand and do not have what it takes. They try the expansion a few times, but find themselves unwilling or unable to cooperate with the outward thrust of the self. They return to the fork in the road where higher consciousness began and they willingly take the other road: the road of self-confinement.

On the other hand, those who persist and understand that the problem is the lower Self ego, find the experience so wonderful they yearn for it. And each day that goes by thereafter, they yearn to experience the expansion again and again and again. They feel, both in the expansion and in the afterglow of it, that they are surrounded by oneness. They behold everything as tinged with a sweet ecstasy. The serenity of the second level has been totally replaced by an ecstatic and dynamic play of consciousness. It is thrilling to be alive in every tissue! Every moment, every second, has a delight in it for the one who meets with this adventure and dares to be changed in such a fundamental way.

5 — Integration

Having experienced the exaltation and also the transformation of one's sense of self in level four, a very pleasant and necessary state now occurs. In your growth to each level of higher consciousness, you will get comfortable with the new state of expansion and you will be able to sense the freed ego, the transformed lower self. A quality of calmness and an ability to perform well in daily life now occurs.

It is obviously a necessity that one not be so preoccupied with one's ecstasy that one sticks one's hand in front of a saw or drives crazily down the road into other cars. While such empty-headed incompetence is very unlikely, it is nevertheless a possibility. So, the ecstatic states of the previous level are generally experienced in the quiet of one's own mind. In this following stage, that magnificent exaltation becomes so consolidated within you that you become calm enough to live in a degree of this higher awareness night and day. You gain the ability to maintain a higher level of consciousness while in the outer world. You also feel great ease in entering focus and going into a more intimate experience with higher consciousness as well.

So, in this state you become deeply calm. You are also able to maintain this calmness while you are extremely busy. The keynote of this advanced stage in higher consciousness is "calmly active, actively calm." Whether in motion or at rest, you have a calmness that enables the ecstasy and tranquility of higher consciousness to abide with you in your job, home life, and any other activity.

6 — Creative Mind

You are now tempted and rather severely tested. The question is: Whose will is to be done in your life? You realize that you could probably direct your energy to heal people, to create millions of dollars for yourself, or to benefit yourself in some other particularly grandiose way. It's difficult time to know. You don't know to what extent you should use your higher consciousness to benefit yourself or others. After all, there are so many needy people in the world! You may feel remiss if you don't use all of your higher consciousness to help those who are suffering or who are less fortunate than you are.

These trials often send people back out on the road away from higher consciousness. It's amazing, but even having experienced so much of the higher consciousness many aspirants, at this point, get the opinion they are now empowered to play the Creators and it is their calling to run about the planet using their higher powers to zap and influence people and situations. The answer to this is in understanding free will. The only free will you can speak for is your own.

Those who appreciate the higher consciousness do not have much of a problem. They simply seek the wisdom and guidance of their higher consciousness about what they should do next. They know it is only by the power of the higher consciousness they progressed from one level to the next. They recall it's only due to an inspired sense of need for the higher consciousness that they ever began the path. It's only the grace of the higher consciousness and the Universal Source that has enabled them in any way to stay on the path. For such devotees it's quite simple. They submit themselves to the higher consciousness and seek its will. They've observed that many times in their lives when they've tried to use their limited thought, insight, and power they often hurt themselves or others. Such aspirants seek, through their gratitude and appreciation of the higher consciousness, to attune their personal will with the higher will and with the wisdom of the higher consciousness which they have learned to love and trust.

And so they go past the many hurdles and precipices that other seekers find difficult to deal with. This alignment of one's being with the higher consciousness brings immense satisfaction and a sense of being a participant in the ongoing creativity of this universe. Through their intents and life, they further the act of creation and further the expression of higher consciousness in their daily lives. They feel no conflict between their personal will and that of the Universal Source because they have completely submitted their personal will to the higher will. They seek to live in attunement.