

Session 4

An Exploration of Higher States of Consciousness



CLOSE YOUR EYES



OPEN YOUR EYES

Q&A



Reminder of Basic Principles

- Think your mantra gently, effortlessly - do less, gain more
- When you become aware that you are not thinking the mantra, gently come back to it
- Relinquish resistance or anticipation during meditation
- Meditate for 30 minutes, twice a day

Agenda

- Q&A
- Introduction to Higher States
- Seven States of Consciousness
- Integrating the Higher States
- Inherent Creativity
- Your Onwards Journey
- Primordial Sound Meditation

Cleansing the Lens of Perception

- Meditation gives you direct experience of your soul. It connects us with the thinker of the thoughts.
- All experiences exist in space and time. Who you really are is beyond space and time. In the Gap, you contact the experienter.
- Meditation is the tool to help us to release stress, to help us clear the instrument so we can trap that non local spirit so we can experience it fully in our lives
- Just like how our TV set traps a non local signal and converts it into a TV program, we tune our bodies to convert a non local signal (spirit) into our everyday reality. If it's not tuned properly, we get a fuzzy signal.



Introduction to Higher States of Consciousness

- Everything in creation is evolving. Now that you are practicing meditation you have started to **accelerate the process**.
- There are 7 states of consciousness each with its own physiological functioning and quality of experience.
- Knowledge and experience go hand in hand. You are having experiences and today you will have the knowledge to go along with them. Go experiment! Test this out!



*“Reality is different in different states of
consciousness.”*

The Vedas

Seven States of Consciousness

- There are seven different states of consciousness
- Some states you experience every day
 1. Deep Sleep
 2. Dreaming
 3. Waking
- Some you may have glimpsed or may be new to you
 4. Transcendental Consciousness
 5. Cosmic Consciousness
 6. Divine Consciousness
 7. Unity Consciousness

1. Deep Sleep (Sushupti)



- Profound level of beingness in which we experience no separation between us and everything else.
- Dull state with very little awareness
- Body is resting and rejuvenating
- Strong bonds may influence (a mother may sense her baby's needs and wake)
- Safety may also influence (someone asleep may wake when hearing the building is on fire)

2. Dreaming (Swapn)



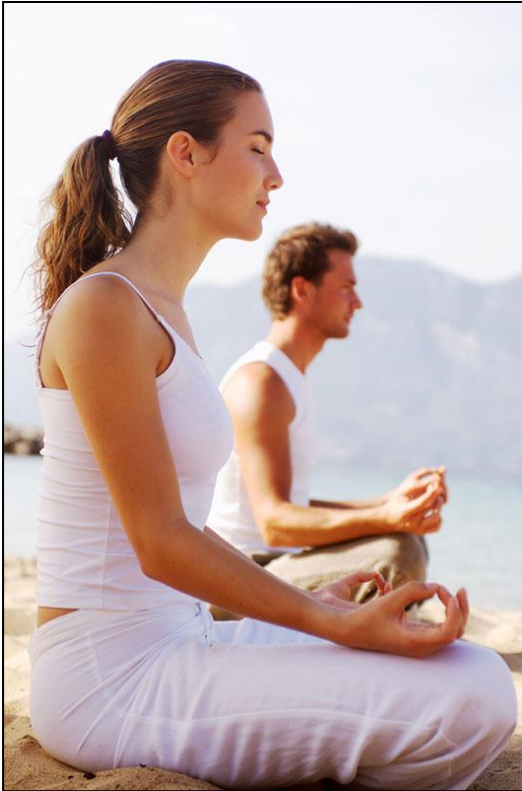
- More awareness than deep sleep with images and memories
- Creation of an internal world that seems real
- There is less subject/object split; you (the subject) and the environment (the object of your perception)
- Upon waking, we consider the dream to be a fabrication

3. Waking (Jagrat)



- The state which we experience as our physical reality – the “real” world
- Appears solid and structured to our senses with established rules and boundaries
- Our localised experiences, where we translate the quantum soup into space-time events
- The most vivid and “real” state for many

4. Transcendental (Turiya)



- You Are The Gap. You are pure unbounded consciousness
- Also known as ‘glimpsing the soul’ or slipping into the gap
- This is the non-local reality beyond space-time
- Here we find **the thinker of thoughts, the essential you**, which was never born and can never die
- We are not aware of this reality until after returning from it
- With practice, aspects of the non-local reality become established in the local

5. Cosmic (Turiyatata)



- Local and non-local reality are experienced at the same time, often referred to as **‘witnessing’ awareness**
- The simultaneous experience of acting in the material world whilst watching yourself as you perform those actions - during waking, even dreaming and sleeping
- While you play many roles (mother, father, etc) in the local domain, you know that the real you is not your roles – **you experience yourself as the silent witness of the roles you play**
- Enjoyment expands as we are no longer overshadowed by our attachment to the good and bad

6. Divine (Bhagavad)



- As we progress in meditation, **our awareness of the non-local domain becomes more refined**
- Recognising our own true nature, **we gradually become aware that the same witness is in everything around us**
- A deep sense of connectedness to everyone and everything begins to arise

7. Unity (Brahmananda)



- The state of being One with everything
- We realise that not only are we deeply connected to all that is at the level of spirit – but that spirit is undivided and we are all one
- We still maintain our own localised individuality, our expression of the totality, but realise that at the level of spirit, there is no separation
- **Ahum Brahmasmi – I am the Universe**

The Layers of our Existence

- Going back and forth between local and non-local awareness during Primordial Sound Meditation enables us to explore all the layers of our existence
- These higher states of consciousness unfold naturally and spontaneously
- It's important that we don't waste time wondering what state of consciousness we are in. Enjoy the benefits – the rest are just labels



Change Your Consciousness, Change Your Reality

- **Memory** is very good - I use memories, I don't let memories use me
- Internal dialogue is much quieter
- **Cognition** improves, more **clarity**, more **creativity**, more **imagination**
- Present moment awareness
- Better or sharper sensory perception, vivid, sensual nature to life, joy in living
- More **peace**, more **love**



Integrating the Higher States


- Meditation opens the door to higher states of consciousness
- Balance of deep rest and activity is necessary for integration
- Higher States of Consciousness are a practical reality, possible for all of us
- The door to our creativity, our joy, our bliss, our infinite possibilities swings open, and starts to stay open

Inherent Creativity

- Meditation is a powerful way to access the pure consciousness and inherent creativity in your soul, and the cosmic soul.
- Pure consciousness
 - is a field of **infinite possibilities**, everything exists as potential
 - a source of **pure creativity**
 - a realm of **unpredictability**
 - where **intentions manifest easily** and effortlessly
 - **synchronisticities** or meaningful coincidences occur more frequently, like being in the right place at the right time.
- You can't force creativity, but you can relax into it.

Take a Creative Leap

1. **Intended Outcome** - Develop a clear vision of what you want.
2. **Information Gathering** - Learn everything you can about the challenge at hand, using as many sources as possible.
3. **Information Reshuffling and Analysis** - gain a new understanding of the issue.
4. **Incubation and Meditation** - let go and allow something entirely new to arise in your awareness.
5. **Insight** - a new inner vision of whatever issue you are considering.
6. **Inspiration** - Your entire mind-body system becomes energized and you experience passion, exhilaration, excitement, joy, and enthusiasm.
7. **Implementation, Integration, and Incarnation** - translate your insight into action



“The measure of your enlightenment is the degree to which you're comfortable with unpredictability.”

Your Onwards Journey

- Enjoy the journey and all the beautiful scenery—and remember to keep letting go of any attachment to a specific outcome or goal.
- Let go of any concern about what state of consciousness you—or anyone else—is in.
- As best you can, avoid the temptation to judge. When you notice yourself judging, don't judge the judgment!
- Be authentic, simple, and humble in your practice.
- Make a commitment to be regular with your meditation so that you can enjoy the many benefits that come with it, including creativity, love, bliss, compassion, harmony, improved relationships, greater health, and happiness.

Om'Work

- Meditate twice daily for 30 minutes
- Use the Primordial Sound Guided Meditation
- Record your progress & reflect on your experiences during meditation in your journal



Q&A



CLOSE YOUR EYES



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Dawn of a New Life

Keep meditating and flowing with life.

You are part of the growing critical mass of people who are expanding their consciousness and transforming the world.

**Thank You
&
Namaste**