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We live most of our life through three states of consciousness: waking, dreaming and sleeping. In the waking state of consciousness, we experience the world through three states of consciousness. We seek elevation and joy from these senses. If any one of the senses is missing, the entire dimension of that sense is lost. One who cannot hear is bereft of the whole
arena of sound. Similarly, he who cannot see is deprived of all the beautiful sights and colors. So, the sense is more important and much bigger than the object of the sense is deprived of all the beautiful sights and colors. So, the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the object of the sense is more important and much bigger than the
from the pursuit of higher consciousness, whether we call it nearness to God, enlightenment, awakening, or living a saintly life can happen in our own times, because what is involved is a process that anyone can undertake.
The most basic way to define this is as a reset of the mind, and there is abundant evidence about how resetting the mind works—it has similarities to undertaking any project that focuses the mind in a new direction, such as training for a marathon or adopting an anti-aging program, while at the same time there are significant differences. To begin
with, the process requires conscious choices and attitudes, which applies equally to mental health, psychological well-being, and the development of higher consciousness. We can learn to reset our minds to free ourselves from bad habits, emotional toxins, addictions, and blockages that limit our mental acuity, inner peace and lasting happiness. The
obstacles to higher consciousness are mind-made. Fortunately, we can adopt routine measures to empty our minds of their residues of conditioned thinking, a sharper memory, and deeper self-awareness. First, we must be aware of the forces working
against mental well-being. Today our minds are overstimulated, overworked, and easily disturbed in a media-dominated era of constant digital and electronic engagement, along with the habit of persistent worry and concerns about increasing social and world problems. Our minds are subject to stress throughout the day and night. We have little free
time to slow down and settle our thoughts and emotions. Getting out of this cycle of entropy doesn't happen merely by thinking. It is the thinking mind that traps us in the unconscious forces just listed. Mental clutter and the baggage of memory weigh the mind down, restricting its subtle awareness and getting us caught in outer influences. Trying to
cope, going into denial, or distracting yourself doesn't work, either. You need to notice what is happening "in here," because noticing is basic to creating change. Conditioned mental reactions prevent us from seeing things that
reinforce our old experiences; we think along lines of settled and fixed beliefs. The result is that we adopt repetitive patterns, missing what life teaches us in our daily situations, relationships, actions, and expressions. If you face this directly, you will realize that your thinking mind doesn't know how to free your awareness for a new creative way of
living. All of this comes under the category of noticing and recognizing. The next step is to engage in a process for restoring the mind to optimal levels of functioning. Here the resetting begins, not just mystically but in experiential ways that are well studied and verified. Steps to Reset the Mind Stop overloading the central nervous system with outer
stimulations Allow the mind to relax and learn to let the mind go Catch yourself acting or speaking unconsciously and stop Make room within yourself for your awareness to reach a deeper level Focus on inner peace, calmness, and a quieted mind, not a reactive mind Get adequate deep sleep every night Take practical steps to reduce stress at
physical and emotional levels Align your daily activity toward higher values In their reflective moments most people would agree that these steps represent an improvement in well-being. But inertia and habit are powerful, and it takes conscious attention, operating every day, to fully counter them. There is no simple button we can push to turn the
mind off and on again the way we can with a computer. However, there is an inner power we can develop to slow down and stop the mind from going into a default that keeps us trapped in our thoughts to calmly observing our
thoughts and letting them disperse on their own. This power of awareness is available to everyone. Think of a developmental stage that you consciously participated in. An obvious example is learning to read. No one learned to read by thinking about it. Instead, awareness was focused in a new direction, and by putting daily focus on reading, a new
skill was attained, a skill in awareness. Similarly, higher consciousness requires turning your awareness in a new direction and applying daily focus on it. Here the most potent means at your disposal is deep meditation. The mind requires extended periods of rest to renew itself, in which we disengage from any outer-oriented mental activity and turn
the mind back to a state of rest, stillness and silence where it can naturally renew itself. By putting you in touch with inner silence, meditation from within. But this silent mind is not a purposeless or lazy mind. It is a receptive consciousness in which we
connect ourselves to the root powers of existence. Being accomplishes what the thinking mind cannot. To reset the mind, we must develop a conscious state of peace and rest as our default state. With the practice of meditation, the mind learns to relax into a simple state of openness and receptivity without conflict. Being in the state of simple
awareness removes the veil of thought by becoming present in your inner being, witnesses we don't become blank; we take our minds from the shadows of the past and find new and lasting solutions. As witnesses we don't become blank; we take our minds from the shadows of the past and find new and lasting solutions.
back to their ground zero, their core point of silence, centering, and stillness. As it turns out, the mind's place of origin is also its ultimate goal. This is the underlying, boundless, self-awareness behind the outward looking thinking mind. In the Vedic tradition great emphasis is put upon consciousness as a type of space, or Akasha. As we all know, it
feels freeing to be given your own space. To renew itself, the mind requires space both within ourselves as a presence or movement in space, not just as a set of mental opinions tied to a physical body. Akasha is accessible between your thoughts as a steady state where you directly perceive what it
feels to be fully present here now, which is where higher consciousness develops. Cultivating this inner silence gave rise, thousands of years ago in India, to many practical tools. One of these, the use of a mantra in meditation, has established itself in the West. So-called seed mantras serve to break down the conditioned patterns of our thoughts, and
ease awareness into a settled, one-pointed state without effort. The science of mantra gets very complex, but there are useful mantras anyone can silently repeat in meditation such as Om, Hreem, and So Hum. Another tool involves controlled breathing, known as Pranayama. The key word here is Prana, which refers to the flow of vital energy at a
subtle level. Pranayama has yet to enter Western acceptance and familiarity the way mantras have, but advances are constantly being made, the chief of which focuses on the vagus nerve is one of the ten cranial nerves that branch out from the brain to the rest of the body, and stimulating it with controlled, relaxed breathing has
been proven to have a regulating effect on breathing, heart rate, and stress reduction. What we want to leave you with aren't a wealth of details and choices. Online you can find abundant information about meditating, using a mantra, and Pranayama or vagal breathing. The essence of this article is about resetting your mind for higher consciousness
by making the process the core of your personal vision. Such a vision is what makes anyone's life full of purpose and meaning. In this case envision the highest possibilities that are open to you and everyone. Nothing more beneficial need be imagined or aspired to. DEEPAK CHOPRA<sup>™</sup> MD, FACP, founder of The Chopra Foundation, a non-profit entity
for research on well-being and humanitarianism, and Chopra Global, a whole health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and Public Health at the University of California, San Diego and serves as a
senior scientist with Gallup Organization. He is the author of over 90 books translated into over forty-three languages, including numerous New York Times bestsellers. His 90th book and national bestseller, Metahuman: Unleashing Your Infinite Potential (Harmony Books), unlocks the secrets to moving beyond our present limitations to access a field
of infinite possibilities. For the last thirty years, Chopra has been at the forefront of the meditation revolution and his latest book, Abundance: The Inner Path to Wealth (Harmony Books) offers the keys to a life of success, fulfilment, wholeness and plenty. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the
century." www.deepakchopra.com Dr. David Frawley (Acharya Vamadeva Shastri) is a Vedic teacher and educator who is the author of over fifty books in several Vedic and Yogic fields published worldwide over the past forty years. He is the founder and director of the American Institute of Vedic Studies, which offers on-line courses and publications
on Ayurveda, Yoga, Vedanta, mantra and meditation. He is involved in important research into ancient Vedic Sanskrit texts and is a recipient of the prestigious Padma Bhushan award, India's third highest civilian award for
"distinguished service of a high order." His work is highly respected in traditional circles in India, as well as influential in the West, where he is involved with many Vedic and Poychological wellbeing. Meditating successfully for higher
consciousness enhances our perception and self-awareness, because it taps into the infinite reservoir of peace, knowledge, and wisdom buried within us. Embarking on a journey towards higher consciousness through meditation is an enlightening experience. This process involves achieving a state of deep peace and mindfulness, where your mental
processes are transcended, and a higher level of insight is attained. This article will guide you through the step-by-step process of meditating for higher consciousness, detailing the preparation, execution, and post-meditation practices. As you follow these steps, you will find yourself gradually ascending towards a heightened state of awareness, where
clarity, peace, and mindfulness reign supreme. Key takeaways: Connection to the Universe: Recognize the interconnectedness of all beings. Enhanced Self-awareness: Reflect on thoughts, emotions, and actions. Beyond Ordinary Perception: Open pathways to wisdom and inner peace. Setting, posture, focus, and breathing create a foundation for
meditation. Meditation deepens awareness, taps into intuition, and expands consciousness. Higher consciousness that cultivates a broader, deeper perception of reality. In this state, one gains an enhanced sense of self and the universe, transcending the confines of the mundane reality. In this state, one gains an enhanced sense of self and the universe, transcending the confines of the mundane reality. In this state, one gains an enhanced sense of self and the universe, transcending the confines of the mundane reality. In this state, one gains an enhanced sense of self and the universe, transcending the confines of the mundane reality.
are three key points:1. Connection to the Universe: Higher consciousness broadens perspective, fostering a sense of oneness with the universe. It implies seeing beyond oneself, recognizing the interconnectedness of all beings.2. Enhanced Self-awareness: This state magnifies knowledge of one's thoughts, emotions, and actions, promoting self-
discovery and evolution through introspection. 3. Beyond Ordinary Perception: Higher consciousness transcends the limits of the senses, opening pathways to profound wisdom and inner peace. It serves as the gateway to spiritual enlightenment, unveiling unseen dimensions of existence. Practicing meditation facilitates this ascendance to higher
consciousness, allowing individuals to tap into the vast reservoir of their mind, enriching their experience of life beyond conventional confines. There exist various key pillars integral to expanding awareness towards a higher level of consciousness during meditation. Firstly, setting: creating a serene environment that induces a sense of peace and
tranquility is crucial. Establish a physical space that is clean, quiet, and free from interruptions. In this space, you can practice your meditation unimpeded. Secondly, posture: this is about aligning the physical body in a manner that promotes alertness, relaxation, and an unrestricted flow of energy. Comfortable seated positions, often the traditional
cross-legged pose or on a chair, are recommended. Thirdly, maintaining focus: direct your full attention towards a focal point. It could be a mantra, breathing observing the rhythm and patterns of your breath is fundamental. This
deep conscious breathing helps quieten the mind chatter and cultivates a higher awareness state. These elements, woven together, form the basis of meditation for reaching a heightened consciousness state, defining the framework for our mindful exploration,
helping us delve deeper into the layers of our consciousness. By focusing on the breath, we anchor ourselves in the present moment and begin our journey inward. Here are some points to further explain this concept:1. The Focused Mind: The first step is to focus the mind, often on the breath. This concentration anchors us, preventing mind-
 wandering and grounding us in the here-and-now.2. Observing Thoughts: Instead of engaging with thoughts, work on simply observing them. As thoughts arise, acknowledge them without judgment and let them pass.3. Cultivating Presence: Meditation helps us cultivate a heightened sense of presence by training us to witness without reacting. This
increased consciousness brings a greater depth of awareness. 4. Expanding Consciousness: As we spend more time in stillness, we graduate from being a passive observer of our thoughts to experiencing a state of expanded consciousness, where our awareness is not confined to our personal self. 5. Tapping into Intuition: Meditation nurtures our
intuition and inner knowing, guiding us towards the universal consciousness that exists within each one of us. Stillness represents a tranquil state of being, it allows us to disconnect from external distractions and connect with our internal selves. As the mind quiets, the senses sharpen, and an individual can start perceiving things beyond ordinary
cognition - this is the gateway to higher consciousness. 1. Depth of Perception: Stillness deepens our sense of perception. As the mind settles, we become more attuned to the subtle energies around and within us. 2. Manifestation of Insights: A quiet mind is a fertile ground for profound insights. As external stimuli diminish, the conscious mind gives
way to the subconscious, allowing dormant insights to surface. 3. Connection with the Self: Stillness allows us to profoundly connect with our inner self. This connection bridges the gap between the conscious minds, fostering strong
emotional attachments. These emotional blocks often limit our consciousness. Releasing them opens new spaces for higher awareness. Elevating Vibrations: By stilling the mind, we quiet the negative mental chatter, elevating vibrations: By stilling the mind, we quiet the negative mental chatter, elevating vibrations resonate with higher consciousness. Employing mindfulness techniques can be
invaluable in nurturing and expanding one's consciousness. A profound method involves focusing on your breath. As you inhale and expanding one's consciousness between your mind and body. Another potent technique is
known as open awareness. Instead of focusing on a specific object, you remain utterly receptive, observing the panoply of sensations, thoughts, and feelings without judgment. This technique can foster an increased understanding of your personal consciousness and how it interacts with the world around you. Furthermore, the mindfulness of thoughts
is another technique to consider. Here, you concentrate on observing your thoughts without engaging, judging, or attempting to change them. By observing your thoughts, you are developing a better understanding of your mind in its purest form. Lastly, body scan is a helpful method in which you mentally scan your body from head to toe. In this
process, you attentively pay attention to various sensations, including discomfort, warmth, tension or, perhaps, nothing at all. Carrying out the body scan regularly helps in fostering body awareness and presence. These mindfulness practices, when used in tandem, can significantly enhance the journey towards higher consciousness. In pursuit of higher
consciousness, find the sweet spot between vigor and ease during meditation. This harmonious balance gifts you with an enhanced ability to tap into your focus, enabling you to cut through distractions to maintain connection with your
inner self.2. Gentleness: This is your willingness to remain patient and open, allowing experiences to unfold naturally. It helps to cultivate a sense of peace, acceptance, and love for yourself and every moment of your experience. Striking a balance: Both aspects are crucial. Energy intensity without gentleness may lead to strain and frustration, while
gentleness without energy can spiral into laxity or sleepiness. Balancing the two facilitates mental clarity and emotional stability needed for the expansion of consciousness. 4. Techniques for balance: Strategies like maintaining a steady breath, adopting a comfortable posture, and practicing at a consistent time can assist in managing energy levels.
Similarly, fostering compassion, practicing non-judgment, and being gentle with oneself assist in infusing softness into the practice aids in this. If you feel agitated, introduce
more gentleness; if drowsy, incorporate more energetic focus. Remember, it's a dance between dynamism and serenity, knowing when to push and w
obstacles:1. Distraction: Persistent thoughts may disrupt your tranquil state. Silencing the mind is a skill that improves over time. Exercise patience and return your attention gently to your meditation.2. Discomfort: Uncomfortable sensations may arise during prolonged stillness. Incorporating soft stretches before commencing can ease bodily
discomfort.3. Restlessness or Sleepiness: Be aware of your energy levels before meditating. If you're too energized, performing a calming activity, like reading, can help. When fatigue strikes, take a short nap to rejuvenate.4. Emotional Turbulence: Emotions might emerge during meditation. Recognize and acknowledge them without judgement,
letting them flow freely. Remember, these challenges are just part of the journey. Perseverance is the key to overcoming hurdles, leading to a deeper and more enriching meditative experience. Consistency is crucial when meditating for higher consciousness. It allows the mind and body to develop a familiarity with the practice, which can enhance the
ability to achieve a deeper meditative state. Though it can be challenging, developing a regular practice helps one become comfortable with the techniques, reducing the mental effort required to enter a meditative state, allowing for a more tranquil and enriching
experience.2. Progress Through Layers: Consistency in meditation can aid in gradually peeling back layers of the mind and consciousness, revealing deeper levels of awareness with routine practice. It enables a smoother transition into reflective states
enhances focus, and boosts mindfulness.4. Aiding in Life Transitions: Regular meditation can facilitate better handling of stress and other life challenges, leading to enhanced wellbeing and tranquility.5. Reaping Long-Term Benefits: Consistent meditation practice over extended periods can lead to significant changes in brain structure associated with
improved focus, empathy, and stress management. Remember, regularity is key. Endeavor to earmark a specific time for daily meditation, creating a routine that fosters peace and deeper focus. Practice makes perfect, and in achieving higher consciousness, it's not
an exception. Incorporating meditation into your daily life is an empowering way to raise your consciousness. Here are some actionable steps to support this process: 1. Set aside regular meditation time: Ensure a consistent routine, preferably during the quiet hours of the morning or evening. This aids in fostering deeper levels of consciousness. 2.
Seize everyday mindfulness moments: This includes times when you're washing dishes, walking, or even waiting in line. Use these moments to be present and mindful, thereby keeping your consciousness levels elevated. 3. Cultivate gratitude and positivity: As you meditate, focus on the good in your life and express gratitude. Positive emotions can
powerfully enhance consciousness levels.4. Maintain energy and its fluctuations during your day. When you're feeling low, tap into the calmness that meditation brings; when you're feeling hyperactive, use meditation to ground and balance your energy.5. Carry the peace and calmness of your meditation into your
day: After meditating, visualize carrying the serenity you've experienced into your daily activities. This can help in maintaining a higher state of consciousness is more a journey than a destination. Be kind to yourself during the process, and each step will lead you closer to the true realization of your
conscious potential. Can meditation increase consciousness? Yes, meditation can expand consciousness by fostering an experience of unity, thereby reducing stress and enhancing creativity and efficiency. What is higher consciousness meditation? Higher consciousness meditation increase consciousness by fostering an experience of unity, thereby reducing stress and enhancing creativity and efficiency. What is higher consciousness meditation?
their existence, but lacks the knowledge of their exact being or location, often referred to as "Shiva". What is the highest form of consciousness? The highest form of consciousness? Meditation helps in achieving an expanded
state of consciousness by training the mind to focus and redirect thoughts, leading to enhanced self-awareness and a more refined perception of reality. What are the steps for practicing transcendental meditation for higher consciousness, sit comfortably with your eyes closed and
silently repeat a personally assigned mantra in your mind, twice a day for 20 minutes each. Are there specific mindfulness exercises that foster the awakening of higher consciousness? Yes, mindfulness exercises that foster the awakening of higher consciousness. Hindu sages,
Christian monks, and Buddhist puritans—all are known to have the ability to reach states of higher consciousness through meditation, contemplation, fasting, or chanting. And when they discuss matters concerning consciousness, it can all sound extremely "woo woo." But these enlightened ones seem to have the golden ticket to being happy and
peaceful. Could they be on to something greater than the rest of us modern human beings are aware of? It seems the state of higher consciousness is an interesting one. There's no big secret about how to get there, only the intention and willpower to achieve monk-like states. As Dr. Michael Beckwith, trainer of Mindvalley's Life Visioning Mastery
all things. It's a state of connection to spiritual wisdom, transforming knowledge, divine love, infinite peace, and higher order of being. "As you're able to hold this space, you're able to hold a deep sense of beingness throughout all your activities," says Dr. Beckwith in the Quest. The meaning of higher consciousness has been up for debate since the
days of yore up to the present. What is it exactly? Where does it come from? What does it have to do with the mind-body connection? There is one silver lining to the infinite number of fascinating studies of how consciousness affects the world. The path to great
wisdom always seems like a pot of gold at the end of the rainbow. But it's a good thing there are four stages of spiritual center, the structure is incredibly relevant and simple to understand. It makes the path to greater awareness
seem more attainable. The four stages are as follows: To Me: Victim ConsciousnessThe belief that something is happening by you. You're able to use spiritual principles,
like affirmation and visualizations, to manifest the kind of life you want. Through Me: Channeler ConsciousnessThe belief that things are operating through you. Through meditation and visualizations, you often have peak experiences and live a life of surrender to the universe. As Me: Being ConsciousnessThe belief that things are operating through you.
as you. It's the most profound state—the higher consciousness—where the line of separation is dissolved and you're in harmony and coherence with who you are. One thing to note, though, is that the stages of consciousness are not linear. Instead, they serve as a mirror to see where you are in different areas of your life. For instance, in some areas of
life, you may feel victimized. In other areas, you may be able to bring things into manifestation. And yet, in other areas, you're able to be in flow. As Dr. Beckwith explains, the stages are "a way to understand and enter into dialogue about [your] own growth." We, as spiritual beings, are infinite and always unfolding. And while the levels of
consciousness are not linear, it's advisable to take it one step at a time. Why? Simply, the mind is difficult to master. Learning to transcend your ego is not something you can go from zero to sixty without practice. So here are four steps to take on the path toward a higher level of consciousness. Victims live in a perpetual state of blame. There's
always an external reason—like their heredity, skin color, place of birth, family, surrounding people, and so on—as to why they're not happy or successful. Their mantra, as per Dr. Beckwith, is "something outside of me controls my destiny." And because of that belief, victims, for the most part, unknowingly live in self-abuse. They believe they can't do
anything about their circumstances. So they have pity parties, make excuses to justify their behavior, and refuse to take responsibility. If you feel like you're in this stage of 'to me,' it's the perfect time to come into a greater understanding of yourself and learn how to increase consciousness. Take a moment to look at your main blame story—the
narrative you tell yourself about why you're circumstances are the way they are. Ask yourself, "What would your life be without your major complaint?" By identifying this, you become aware of what's separating you from the life essence that's within you. It's called the "manifestor consciousness" for a reason: it uses the mind to bring something into
manifestation. Those in this stage know they aren't limited by their circumstances, so they're able to direct the course of the Universe (like the Law of Attraction or the Law of Resonance), this is where the practices come into play. And manifestors use
these laws to articulate, affirm, declare, and decree the life they want to live. Where the victim stage constantly looks at the worst-case scenario, the 'by me' stage teaches you how to reach higher consciousness by flipping the script. Rather than clouding yourself with "I can't...I don't...," use positive affirmations. This is the spirit of the Law
of Attraction. It's simply about attracting what you believe. Rather than asking, "What if things go wrong?", pose the question, "What if everything works together for my good?" This is the essence of the Law of Resonance is More Important
than the Law of Attraction - Video The 'through me' stage is a powerful one. It's about letting go of control and going from making things welcomed. And this is where life visioning really begins. "Love and beauty, intelligence, abundance, harmonizing, prosperity, affluence—all of these qualities are already present," Dr.
Beckwith explains. "We don't make these, we don't create these, we just become aware of them and allow them to flow through us." As you let go of the idea that you need to make them happen. It's about reaching a state of them and allow them to flow through us." As you let go of the idea that you need to make them happen. It's about reaching a state of them and allow them to flow through us."
flow, or 'flow motion' as Dr. Beckwith calls it, by learning how to meditate for higher consciousness. And as you do, be aware of the energy that flows through you as your desire to control every little thing begins to subside. "Your life ultimately becomes an expression and an extension of a state of being that you're touching when you are in the
science and the art and the practice of meditation," he explains. So take a moment to meditate with this life visioning meditation For Inner Peace And Inspiration | Michael Beckwith This stage takes one above the ego and selfishness to the state where the separation between oneself and the
external is dissipated. There's a realization that the self is part of the universal consciousness. As Dr. Beckwith puts it, "You've been opening yourself up to coming into a state of being absolutely connected with a great sense of unity." The beauty of spiritual awakening is that you're not 'becoming' anything. Instead, you transcend
your ego and awaken to your true nature. So as you go on about your day every day, take notice of the synchronicities—significant things that happen that you didn't plan. Be open and aware of the 'flow motion.' And express gratitude. "Be grateful for anything and everything that comes into your life," says Dr. Beckwith. He adds that it becomes a
way of life when you mature in gratitude. And in turn, the universe, by law, starts to provide more and more things to be grateful for, transitioning that way of life into a state of being. Here you are, ready to shatter the status quo and access higher consciousness. This is the monumental moment in your life when new opportunities are ready to greet
you. But as with any life progression or transformational growth, it requires work. Start by getting a sense of which stage of consciousness you're in. Remember that these altered states are not linear; reflect to see where you're stable and where you need to do some work. Then, set your intention, believe it will become a reality, and take active steps
towards ascending to a higher state of consciousness. One important thing to remember: allow yourself to do so without judgment. Additionally, being a part of a community of like-minded people helps raise your vibration in the universe and helps you feel less alone while facing this transition. Mindvalley's Life Visioning Mastery Quest with Dr
Michael Beckwith comes with a tribe of its own, so you can find support as you participate in your own unfolding and greet the universe with open arms. Let's start with the basics. First, let's consider awareness - what it is, and what it is not. Essentially, awareness is a perceptual state of realization or knowledge. For example, one is aware of the time
of day. Clues could include the appearance of the sky, the sound of the environment, or even simply consulting a clock. So, one perceives the time of day through some means and is therefore made aware of it. One is also aware of things like thoughts and feelings. Even deeper, one is aware of certain facts. If you are asked, "What's your address?" you
don't have to consult Google. You just know your address. You are aware of it. More complicated is intuitive awareness that is difficult to prove or disprove, but that doesn't mean that it doesn't exist. Your sister calls you out of the blue because she has "a feeling"
that you're struggling with something - just when you've had a fight with your boyfriend. You go into work one day and "get the feeling" that you're struggling with something - just when you've had a fight with your boyfriend. You go into work one day and "get the feeling" that you're reading subtle
clues without consciously realizing it, or it could be that humans do indeed have some kind of Spidey Sense that is as effective as it is inexplicable. Regardless, the point is that you can be aware of them. There is nothing intrinsically magical about awareness. Until, of course, it encounters magic. But
that's another article for another day. So now, let's look at consciousness. Scientifically, consciousness refers to either a state of awareness of self (or something within oneself, such as a thought) or to the higher levels of mental activity that we can somewhat control. These include things we say, physical actions we manifest, etc., as opposed to
involuntary and unconscious brain activity (heartbeat, respiratory system, etc). It's the stuff we're aware is happening. Spiritually, consciousness usually refers to a state of awareness of self through a lens of expansive mind. These
two different views are complimentary, with the chief difference being how one considers the "observer" to exist. That is, while a scientific perspective might regard the observer as the soul or the spirit witnessing the behaviors of the
body. For the purposes of this article, we're going to split the difference. That is, let's say that basic consciousness is the awake human mind aware of its own existence (and possibly examining its existence). This doesn't negate the spiritual meditators typically bring
to their practice. Questions of "who am I, and what am I?" are at the core of spiritual awakening. But these are also the questions that scientists end up asking in the pursuit of understanding what the human mind actually is and what it's actually doing. It's just that scientists and spiritual seekers are frequently, though not always, looking for answers
in different places. So, for now, let's consider consciousness as the awareness of self-awareness of self-awareness. It's the string of moments in which we become observers of our own thoughts, feelings, actions, and surroundings. This might sound simple, but let's unpack how wonderfully complicated it can become. The Seven Levels of Consciousness Let's examine of moments in which we become observers of our own thoughts, feelings, actions, and surroundings. This might sound simple, but let's unpack how wonderfully complicated it can become. The Seven Levels of Consciousness Let's examine of moments in which we become observers of our own thoughts, feelings, actions, and surroundings. This might sound simple, but let's unpack how wonderfully complicated it can become. The Seven Levels of Consciousness Let's examine of moments in which we become observers of our own thoughts, feelings, actions, and surroundings. This might sound simple, but let's unpack how wonderfully complicated it can be come. The seven Levels of Consciousness Let's unpack how wonderfully complicated it can be come. The seven Levels of Consciousness Let's unpack how wonderfully complicated it can be come. The seven Levels of Consciousness Let's unpack how wonderfully complicated it can be come. The seven Levels of Consciousness Let's unpack how wonderfully complicated it can be come. The seven Levels of Consciousness Let's unpack how wonderfully complicated it can be complicated it 
what are often considered to be the so-called Seven Levels of Consciousness. As you'll see, there is an evolution of wakefulness that seems to happen with higher forms of consciousness as compared to lower forms. Viewed this way, we'll see that consciousness is considered as rising from dim awareness and relative unknowingness, to increased
illumination of awareness and knowledge. In other words, it rises from darkness to light, from obliviousness to enlightenment.Let's start at the bottom and work our way up.1. Unconscious State (Deep Sleep) This state of consciousness to enlightenment.Let's start at the bottom and work our way up.1. Unconscious State (Deep Sleep) This state of consciousness deals with your most primitive behaviors as well as your ego. While in this state, your body is at rest. The mind
experiences an almost complete lack of awareness of what is happening in the physical or waking world. It is a mental state that prevents interactive access to memories and experiences. Emotions and thoughts that occur during this state are typically repressed. In this state, negative and positive habits and behaviors exist without your awareness
This level of consciousness deals with your primitive behaviors and your ego. It forms a significant portion of what we regard as human consciousness, but without the filters of conscious awareness and behavioral choice. 2. Waking Consciousness is the natural state of waking up and being conscious of yourself and your
environment. During this state of consciousness, you interact with your thoughts, emotions, and environment. It's the you that you typically show the world. Subconscious State (Dream State) This is the information that is acquired through dreams. It is only recognized in bits, and most times happens only when you don't expect it. It is the level of
mind where you store information until it is needed. A popular exception to this is a practice of bringing waking consciousness in which the mind (thoughts and feelings) becomes hyper-focused on one thing only. Of
course, the mind is slippery, and so the practice begins with watching the mind trip and stumble over an onslaught of mental distractions. But over time, with practice, the mind begins to becalm like waves in the ocean, until finally all that remains is the water itself. This peaceful state of consciousness helps you silence the demands of your
environment and the diversions of the chatty mind. What's cool about transcendental consciousness is that while you experience the "normal consciousness to a higher perspective of that state. You are as fully conscious as you are during waking consciousness. It's
being in the world, but not of the world, but not of the world, in the most fundamental way. Transcendental consciousness is a powerful tool in the search for enlightenment and awakening. By silencing the noise inside and outside your body, you can begin to connect with even higher forms of consciousness. 5. Cosmic Consciousness is a state of awareness in which
the self (often written as "self") becomes supplicant to the higher self ("Self"). This is not a small thing. Human consciousness is very attached to its normal perception and way of being. Breaking free of this limited "normal" and entering a broader and higher cosmic normalcy takes practice. While it doesn't happen overnight, many people do
experience their first intense sensation of cosmic consciousness in what can be described as a flash. This can be a sudden awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness of having stepped outside the constraints of egoic awareness.
and we return to normal awareness and the cares of the day. Practice is essential to make it up this particular "rung" of the consciousness ladder. This first step in not just identifying but truly releasing egoic perception requires sincere self-compassion and practice. You feel yourself move up, and then slip down. Up, then down. Over time the flashes
of non-egoic reality stay in focus longer, until eventually they become fluid and easy. Your previous cares, needs, fears and problems fall into perspective as you begin to experience ascended consciousness as the norm rather than the exception. 6. God Consciousness This is a difficult form of consciousness to explain. It is beyond cosmic consciousness as the norm rather than the exception. 6.
in the way that the petals of a flower are beyond its stem. It's a higher expression of the flower, just more brilliance of expression. More fruition. When you reach this level of awakening, you experience life in a state of bliss that is based on no particular thing or event. You feel the connections between everything around you,
including the connections between your lower and higher self and all other things. Achieving this state of consciousness, you may describe yourself as having a heart that is full and open. With mastery over your ego, you see people as having energy flowing
through them in different forms. In a state of god consciousness, you view life through a lens of love and joy because bliss is the natural reaction to this perception of all-encompassing connection. 7. Unity Consciousness is neither easy nor difficult to achieve, but it takes absolute commitment to achieve it. Once achieved,
however, it is said to be eternal. Most commonly associated with a full awakening or enlightenment, it can be described as never-beginning and never-ending because it is constantly unfolding. You realize that you have always been this awareness and you always will be this awareness. But the great signifier of this state of consciousness is that, as the
connections you perceive in god consciousness come into greater focus, their true nature is revealed. You perceive that they are not connections after all but a large and bright wholeness. A oneness of reality. There is no me and you. This thing and this other thing. And come to see that the lens of love and joy you became aware of in god
consciousness is actually you. You are the lens and the love and joy. There is no difference between you and not-you. All distinctions between things are easily seen as egoic expression of all things. There is no difference between things are easily seen as egoic expression of all things. There is no difference between things are easily seen as egoic expression of all things.
oneness. How to Make Elevated Consciousness LastSo, why doesn't it always "stick" after we experience those first precious flashes of higher consciousness? Human attachment to ego is strong. So strong that we experience discomfort and even genuine fear at losing it. Even when we actively want and seek out transcending beyond this limited
perception. This is due to the way the conscious mind, however, is the opposite. It's the gatekeeper of safety and the enforcer of the status quo. So, while the conscious mind can be on a committed quest to
achieve higher consciousness, the unconscious mind can easily view achievement of higher consciousness as a kind of death. If we no longer experience the ordinary world in the ordinary way, we are indeed changed into another kind of living. The unconscious mind will fight that in its quest to maintain safety and the status quo of "self". This can
manifest in a variety of negative thoughts and feelings that impede progress. This is the "ceiling" that many advanced meditators hit in their journey towards higher conscious mind is so strongly attached to that familiar awareness that it manifests in a variety of negative thoughts and feelings that impede progress. This is the "ceiling" that many advanced meditators hit in their journey towards higher conscious mind is so strongly attached to that familiar awareness that it manifests.
thought and feelings of boredom, so-called laziness, to outright anxiety and fear. It will erect any roadblock possible to prevent the loss of the egoic self. However, once we achieve even a glimmer of cosmic conscious mind has
experienced self as being able to view itself in a different way - and the comfortability that unconscious mind's desire to achieve higher states of awareness, it becomes an ally in that quest rather than an enemy combatant. As we
increasingly release attachment to awareness of egoic perception, and gain awareness of and comfortability with not-ego", the disconnect between normal human consciousness and elevated cosmic consciousness diminishes steadily. This allows us to release attachment to constructs of personality and identity preferences, as well as attachment to
larger constructs of time and space...the fabric of what we experience as reality. As a result, you experience greater perception of connection to the universe and how you are a part of it. How Meditation Can Connect you to higher forms of consciousness. It can be done in
many different ways and many forms of practice. Here are a few meditation practices you can use: Mindfulness - centers on being an intentionally passive observer of your thoughts as they drift in and outSpiritual - silencing your egoic self through prayer to seek spiritual awakening and a greater connection to the Divine consciousness of
creationFocus - using your five senses to focus on one singular thingMovement - using quiet practice with movements such as tai chi, qigong, walking, etcMantra - repeating sounds, such as "om" or "sat nam", to help clear your mind of chatty thoughtsTranscendental - a more specific form of mantra meditation with scientifically researched
effectsGuided imagery - with a teacher or by yourself, focusing on mental images to stimulate certain thoughts or feelingsVisualization - practicing the ability to perceive energetic realities of existenceIn all forms of meditation, you are fundamentally seeking to relax and let go of thoughts and feelings that do not serve you in order to become more
present. Through repeated practice, higher consciousness can be nurtured and developed. With greater presence and enlightenment, you can progress up the levels of consciousness can be nurtured and developed. With greater presence and enlightenment, you can progress up the levels of consciousness can be nurtured and developed. With greater presence and enlightenment, you can progress up the levels of consciousness. As you become more aware of your thoughts, emotions, ego, and response to stimuli, you can find the presence of heart and mind to let go of attachment to these
things. How "far up the ladder" you go really isn't the point. The point is to live life open to higher awareness of what life is. Be happy. Experience Your Soundtrack to Higher consciousness meditation, be sure to check out our Annual Unlimited membership. It offers a 7
day free trial of exclusive meditation soundscapes library. Higher consciousness can be achieved with the right mindset and the righ
like a mysterious practice where you sit quietly and "empty your mind." [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever searched for relaxing meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever searched for relaxing meditations on YouTube, you've likely come across a Jason [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its ability to [...]Read More If you've ever felt intimidated by the idea of meditation or doubted its abil
has become a common activity, and having [...]Read More Are you part of the 27% of U.S. adults who reported trouble falling or staying [...]Read More Ever feel like you can't sit still during meditation? Finding the right meditation pose can [...]Read More
Think back to a moment when a gentle nuzzle from a pet or a quiet [...]Read More Open Up Your Body Chakras: Simple Techniques for Daily Balance
Often depicted as wheels of [...]Read More In every meditation tutorial, at some point the author will tell you: "There is no such thing as good meditation rule" isn't so black and white. For example: What happens when your
meditation stops resembling meditation? What happens when you're going through the motions but instead of meditation, you're really just napping in a semi-conscious twilight zone? What happens when you're going through the motions but instead of meditation, you're really just napping in a semi-conscious twilight zone? What happens when you're going through the motions but instead of meditation, you're really just napping in a semi-conscious twilight zone? What happens when you're going through the motions but instead of meditation, you're really just napping in a semi-conscious twilight zone?
so. Allow me to make one subtle but much-needed alteration to that old meditation maxim: "There is no such thing as good or bad MEDITATION." Bad meditation is still meditation. But non-meditation, that's bad meditation maxim: "There is no such thing as good or bad MEDITATION." Bad meditation maxim: "There is no such thing as good or bad MEDITATION." Bad meditation is still meditation. But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such thing as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-meditation maxim: "There is no such things as good or bad meditation." But non-medi
class that as exercise, would you?(please say no.) Exercising, broadly speaking, is good, but there is an effective way of exercising. Same with meditation: good, bad, average... The point is, there is no bad type ofmeditation, as long as you're
actually meditating. You don't judge the experiences and feelings you are having during meditation as "good" or "bad"; instead, you just focus your attention on actually doing the practice properly. I'm going to assume you already have the motivation to set aside some time each day to meditate and you know the basics (this ultimate beginner's guide
will fill you in if you don't). This article is a meditators guide to meditation. If you're a beginner, after reading this you'll learn a few new tips and tricks to try out on your journey. 3 Ways You're Ruining Your Meditation.
When you break it down, there are three main reasons why your meditation might suck:Lack of preparation before practiceYour daily habits and attitudes are not supporting your practice; the second is what you do outside of your practice; the third is about what you do outside of your practice; the second is what you do outside of your practice practice.
about the meditation process itself the how of focusing attention. But before we get to the exact ways you can optimize these three core concepts let's have a look at... The Process of Meditation doesn't go deep, or is not clear enough, is lack of intensity which, is a result of not fully understanding the process of
meditation. It is a form of torpor (laziness) or sloth, which is one of the "five hindrances" of meditation, according to the Buddhist tradition. The mind has two main functions, 'doing' and 'knowing'. Sloth and torpor occur when one carelessly calms
both the 'doing' and the 'knowing', unable to distinguish between them. - Ajahn BrahmavamsoSuppose you meditate by focusing on your breath for 10 minutes (600 seconds). Let's visually represent your meditation as a square on a paper, filled with 600 dots. When you are about to start meditation, they are all blank. Each second of your meditation
can only be spent in one of three ways. Either with the object of focus (in this case, the breath), with another object (for example, a thought or memory), or neither focused nor distracted - a kind of "blanked out" state. Let's represent these with colors: For each second you focus on your breath you get agreendot.
thoughts you get areddotfor each second you are in a blank state of mind you get agraydotfour objective is to fill that square with as many green dots, your meditation was "noisy" and all you get from it is simply
filled with gray dots, meditation is "calm but clouded". Some people confuse this "gray state" with the real quietude of meditator, in the first minutes of practice - your session may look like this: As time passes, and you brush up your concentration skills, your meditation
starts to look more like this: The goals of the practice, for the meditator, is to gently: Decrease the number of greens (pure concentration moments) Increase the number of consecutive greens (pure concentration moments).
your meditation doesn't ever look like this, that's absolutely fine. What's important is the striving. "Chaos is inherent in all compounded things. Strive on with diligence." - BuddhaFor those familiar with the Hindu teaching of the three gunas (which are the basic characteristics of building blocks of all existence), we can say that: greenis sattva (purity,
balance, serenity, openness, clarity, presence, awareness)redis rajas (activity, dynamism, movement, agitation, restlessness)grayis tamas (torpor, sloth, inertia, obfuscation, heaviness, forgetfulness)I hope this gives you a better understanding of the process of meditation. Jon Kabat-Zinn, in his seminal book Mindfulness for Beginners, goes very deep
into the process of meditation if you'd like to learn more on this. For most people, after they get 3 green dots, they relax their focus, and then their mind wanders. Thus, there is no intensity, leading to limited results. Your attitude during meditation should be to re-focus the attention second after second on the object of your meditation. At the "end" of
each green dot, you need to be particularly vigilant because it is easy for the mind to slip into agitation or forgetfulness. The key to deepening in meditation is to affirm and reaffirm your object of focus second after second, in a continuous flow of attention. Of course, this is by no means easy. It takes sustained training to achieve. But having a clear
understanding of the process can help you progress faster. Unfortunately, I didn't find this process laid out like this anywhere; it took me some time to connect the dots (intentional pun). Generating More IntensityWhenever you have a deep sense of interest, focus is a natural by-product. Sloth and torpor are overcome by rousing energy. Energy is
always available, but few know how to turn on the switch, as it were. Setting a goal, a reasonable goal, is a wise and effective way to generate energy, because its world is so new. Thus, if one can learn to look at one's life, or one's
meditation, with a 'beginner's mind' one can see ever new angles and fresh possibilities which keep one distant from sloth and torpor and is thus able to spot its
approach and take evasive action before it's too late. - Ajahn Brahmavamso (Wikipedia) If your meditation is focusing on the breath deeply. You must yearn to experience it on many levels, again and again. Keeping the interest alive and intense is the secret.
You need to be more interested in exploring your breath than in rehearsing thoughts and memories in your mind. As our focus goes deeper, what we before saw it as a single dot (green, red or gray), we realise that it's actually a collection of hundreds of mini-dots, or milliseconds of attentional movement. So when we say that we got a green dot or a
red dot, what it means is that for the majority of milliseconds of that dot, attention was green or red. But this is probably only relevant for more advanced meditators. For this reason, chose among the traditional types of meditation, one that your mind is naturally attuned to. That will help you keep your interest alive. A metaphor that can help you get a
better experience this intensity of focus is this:Imagine you are walking on a rope, suspended over a cliff. You need your full attention every step of the way - every second of each step. A single moment of distraction, and your body loses balance and you fall. If we could "walk" our meditation with this level of intensity we would have no problem in
attaining deeper levels of meditative absorption and clear vision. The main factor in dhyana is to keep the mind active in its own pursuit without taking in external impressions or thinking of other matters. - Ramana Maharshi (Talks, 61)Read: How Mindfulness Cultivates CourageKeep your focus on your breath second after second, as if something
extraordinary is about to happen at any moment, and you cannot miss it for the world. If you have this attitude, your meditation will be deep and beautiful, and thoughts will subside. Balancing Intensity with Gentleness Having an idea of how intense meditation can be, and being able to actually go that deep, are different things. We must not feel bad
about our inability to concentrate, or about "how far we are" from ideal states. It's important to have a good north in our practice, to know what it's possible, so we keep pushing our boundaries. However, ultimately all we need to do is to simply give the best of ourselves at each step of the way. Self-punishment, self-criticism, and feeling bad about
ourselves are part of the obstacles that come in meditation and in many activities in life. We must not give in to this type of thinking in meditation, but simply gently bring our attention back to our object of focus, as soon as we notice it has wandered. Slowly increasing the number of greens, and decreasing the reds, is what we are looking for If you
have a natural tendency towards self-criticism, Loving-Kindness meditation might be something you want to try. Finally, even bad meditation is good. In a world where most of us are already constantly distracted, restless, agitated and busy, having a few minutes each day to just sit still will already, by itself, bring heaps of benefits, even if our focus is
not that good. There is transformative power in the meditation posture itself. Simply sitting motionless and trying your best to regulate your attention, or no emphasis in concentration or regulation of attention, those that continue practicing for long get more into
"gray states". This happened several times in my meditation journey, especially in the beginning, so I speak from experience. These states lack the one-pointedness and rock-solid aliveness of consciousness; instead, attention is more in a quiet, stand-by state. Sometimes discursive thinking is absent, but often there is a continuous thread of more
 "subtle" thinking, which usually goes unnoticed. Sometimes they transition into sleepiness or even napping. Tray states also feel like peace, and many of the benefits of meditation masters consider them a "waste of time". Those that
follow an "effortless" approach to meditation usually meditate in the grey state for their entire life. These states are often expressed in terms of "It was so quiet that I didn't know anything" or "I don't remember what was happening... it is like I was not there." The tricky thing is that people that are experiencing genuinely advanced states of
meditation may express their experience in very similar terms - but the state is completely different. In the case of the advanced state of meditation that goes into a "no-thingness", there is still a very intense of conscious presence and one-pointedness. If you are looking for simply some inner calmness, relief from stress, deep rest, and other physical
benefits, you'll probably be happy with these states. But if you are looking for deep internal transformation, self-mastery, transcendence - they some back to the green as soon as you notice you have left the meditation focus. The advanced stage of meditative absorption known in the Hindu tradition as savikalpa samadhi is like a continuous flow of
green dots in concentration. Effort is still there. On the other hand, in the highest state, known as seed-less absorption or nirvikalpa samadhi, there is no more effort, no attention, no meditation. We can say (I speculate), that this is like having empty dots (neither green, nor red, nor gray). Conclusion: effort must be directed
to being with your object of meditation for as long as possible. Parting wordsIt is said that if you can meditate with perfect concentration for 10 minutes, on the 11th minute you will be in samadhi. A completely green square is not to be expected. It's simply a continuous process of exercising this muscle of attention, and my hope is that this article
helped clarify the scope of this amazing exercise. Are you an advanced practitioner? Your feedback will be more than welcomed. Is this how you perceive meditation as well? Have you ever wondered how some individuals seem to possess a higher level of consciousness, radiating a sense of peace, clarity, and wisdom? It may be intriguing to discover
that the path to unlocking one's full potential lies within the depths of our own minds. Meditation, a practice that has been prevalent for centuries in various cultures, has proven to be a powerful tool for unlocking higher consciousness. As we delve into the world of meditation, we uncover a plethora of techniques and methods that not only quiet the
mind but facilitate profound self-discovery and spiritual awakening. Whether you are a beginner or a seasoned meditator, join me on this transformative journey as we explore the art of meditation, unlocking the doors to higher consciousness that lie within each and every one of us. Characteristics Values Mindfulness Being present in the moment
Concentration Focusing on a single point or object Breath awareness Observing and controlling the breath Body awareness Noticing sensations and movements in the body Non-judgment Accepting thoughts and feelings without attaching labels or value Letting go Releasing attachment to thoughts and emotions Compassion Cultivating kindness and
empathy towards oneself and others Gratitude Appreciating the present moment and expressing thankfulness Intention Setting a clear purpose or goal for the meditation practice Stillness Cultivating inner calm and silence Non-attachment Letting go of desires and attachments to outcomes Self-awareness Developing a deep understanding of oneself
and one's thoughts and emotions Patience Practicing acceptance and tolerance towards the meditation process Persistence Continuing the meditation practice regularly with dedication Surrender Letting go of control and surrendering to the present moment The Benefits of Meditating for Higher Consciousness Meditation has been practiced for
centuries as a way to achieve a higher state of consciousness. It is a powerful tool that can help you tap into your inner self and unleash your full potential. Meditating for higher consciousness allows you to connect with your higher self, gain clarity, and cultivate a deep sense of peace and well-being. In this article, we will explore the benefits of
meditating for higher consciousness and provide you with a step-by-step guide on how to practice this transformative technique. Enhanced self-awareness is the enhanced self-awareness is the enhanced self-awareness is the enhanced self-awareness. One of the main benefits of meditating for higher consciousness and provide you with a step-by-step guide on how to practice, you become more aware of your thoughts, feelings,
and behaviors. This increased self-awareness allows you to recognize and release any negative patterns or limiting beliefs that may be holding you back from reaching your highest potential. Increased intuition: Meditating for higher consciousness helps you quiet your mind and tune into the wisdom of your intuition. As you cultivate a deeper
connection with your inner self, your intuition becomes stronger and more reliable. This heightened intuition can guide you in making important decisions, leading you towards a more fulfilling and purposeful life. Expanded consciousness: By meditating for higher consciousness, you can expand your awareness beyond the limitations of your physical
body and tap into a higher state of consciousness. This expanded consciousness allows you to experience a sense of oneness with the universal intelligence that flows through everything. It opens the door to higher levels of wisdom, creativity, and spiritual growth. Now that we have explored the benefits of meditating for
higher consciousness, let's dive into a step-by-step guide on how to practice this transformative technique: Find a quiet and comfortable space: Select a quiet and peaceful space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed. Sit in a comfortable space where you will not be disturbed.
a moment to set your intention. Focus on the outcome you want to achieve, such as connecting with your higher self or gaining clarity on a specific issue. Focus on the outcome you want to achieve, such as connecting with your breath to naturally
deepen and slow down.Relax your body: Starting from the top of your head, consciously relax each part of your shoulders, your stomach, your stomach, your stomach, your feet. Quiet your mind: As thoughts arise, gently acknowledge them
and let them go. Bring your attention back to your breath or a chosen mantra or affirmation. Practice observing your thoughts without judgment. The key is to develop a detached awareness of your heart center. Imagine a golden light
radiating from your heart, filling your entire body with love, compassion, and peace. Feel the love and appreciation for yourself and everything around you. Be open to higher guidance and insights. Trust in the wisdom that flows through you and be receptive to any
messages or intuitive nudges that come your way. End with gratitude: Before concluding your meditation, express gratitude for the guidance and insights you have received. Take a moment to reflect on any realizations or shifts in consciousness,
you can experience profound transformations in your life. The benefits of enhanced self-awareness, increased intuition, and expanded consciousness are just the beginning. Embrace this transformative practice and allow it to guide you on your journey of self-discovery and spiritual growth. Mindfulness Techniques for Increasing Higher Consciousness
Mindfulness meditation is a powerful practice that can help to cultivate higher consciousness and unlock our true potential. By focusing our attention on the present moment and cultivate higher consciousness, we can become more consciousness and unlock our true potential. By focusing our attention on the present moment and cultivate higher consciousness and unlock our true potential. By focusing our attention on the present moment and cultivate higher consciousness and unlock our true potential.
we will explore mindfulness techniques that can enhance our journey towards higher consciousness. Set aside a specific time each day for your mindfulness practice. This dedicated time will help you establish a routine
and make meditation a consistent part of your daily life. Focus on your breath: Begin your meditation by taking a few deep breaths to relax your body and mind. Then, bring your attention to your breath. Notice the sensations of your inhale and exhale, the rise and fall of your abdomen or chest. If your mind wanders, gently bring it back to your breath
without judgment or attachment. Scan your body. After focusing on your breath for a few minutes, shift your attention to the sensations in your body. Start from the top of your body scan down to your body, allow any tension to melt
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away and invite a sense of relaxation. Observe your thoughts and emotions: As you continue your meditation practice, thoughts and emotions may arise. Instead of getting caught up in them or trying to push them away, simply observe them with curiosity and non-judgment. Notice any patterns or recurring themes in your thoughts and emotions. By developing this observation, you can gain insight into your subconscious patterns and beliefs. Cultivate loving-kindness: Incorporate a loving-kindness meditation into your practice to cultivate compassion and empathy towards yourself and others. Start by silently repeating phrases such as "May I be healthy, may I live with ease."

Expand this practice to include loved ones, acquaintances, and even those you find challenging. Practice mindful eating: Extend mindfulness to your food. Chew slowly and savor each bite, paying attention to the taste and sensations in

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your mouth. Engaging in mindful eating can enhance your awareness of your body's needs and nourish your connection with the present moment. Integrate mindfulness into daily life: Bring mindfu
to be fully present and engaged. Each moment can become an opportunity for mindful awareness and growth. Remember, mindfulness meditation is a practice that requires patience, commitment, and self-compassion. Start with shorter sessions and gradually increase the duration as you become more comfortable. With consistent practice, you can
cultivate higher consciousness, expand your awareness, and experience a deeper connection with yourself and the world around you. Breathing Exercises to Help Expand Your Conscious Awareness Is your mind constantly racing with thoughts, making it difficult for you to focus and be present in the moment? Are you searching for a way to expand
your conscious awareness and cultivate a sense of peace and clarity? If so, incorporating breathing exercises into your daily routine can be a game-changer. The breath is a powerful tool that can help us tap into deeper states of consciousness and unlock our full potential. By practicing specific breathing techniques regularly, we can calm the mind and
 connect with our true essence. In this article, we will explore some breathing exercises that can help expand your conscious awareness. Deep Belly Breathing: Start by finding a comfortable seated position, either on the floor or on a chair. Place one hand on your belly and the other on your chest. Take a deep breath in through your nose, allowing your
belly to rise as you fill your lungs with air. Exhale slowly through your nose, letting your belly fall. Continue this deep belly breathing for 5-10 minutes, focusing your attention on the sensation of the breath entering and leaving your belly fall.
Breathing:Sit in a comfortable position and bring your right hand up to your face. Gently close your right nostril with your right nostril and close your left nostril with your right nostril. Pause at the top of the inhale, then release your right nostril and close your left nostril with your right nostril. Inhale through your right nostril and close your right nostril with your right nostril with your right nostril.
right nostril, pause, then close it again and exhale through your left nostril. Alternate nostril breathing balances the energy in your body and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and exhale through your left nostril. Alternate nostril breathing balances the energy in your body and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind, promoting higher levels of consciousness. Box Breathing: Sit comfortably and helps clear the mind helps clear the mind. Box Breathing: Sit comfortably and helps clear the mind helps clear the mind
close your eyes. Inhale deeply through your nose for a count of four. Hold your breath for a count of four. Exhale slowly through your nose for a count of four. Hold your breath again for a count of four. Exhale slowly through your nose for a count of four. Hold your breath again for a count of four. Exhale slowly through your nose for a count of four. Hold your breath again for a count of four. Exhale slowly through your nose for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your breath again for a count of four. Hold your 
calm and focus to the mind, allowing for expanded consciousness. 4-7-8 Breathing: Find a count of four. Hold your breath in through your mouth for a count of eight. Repeat this cycle for 5-10 minutes, focusing on the length
of your inhale, hold, and exhale. This breathing exercise activates the parasympathetic nervous system, inducing relaxation and helping to expand your conscious awareness. With regular practice, you may notice increased mental
clarity, a deeper connection to your intuition, and an enhanced ability to stay present in the moment. So, carve out a few minutes each day to sit, breathe, and expand your conscious awareness. Your mind and body will thank you. How to Cultivate a Regular Meditation Practice for Higher Consciousness In today's fast-paced world, finding inner peace
and higher consciousness can feel like an elusive and distant goal. However, cultivating a regular meditation practice can be an effective tool for reaching higher levels of awareness and consciousness. Meditation practice can be an effective tool for reaching higher levels of awareness and consciousness.
transformative journey, here are some steps to help you cultivate a regular meditation practice for higher consciousness: Set A Clear Intention: Before beginning your meditation practice, it's important to set a clear intention for what you hope to achieve. Whether that's deepening your spiritual connection, finding inner peace, or gaining insights into
your life, having a clear intention will provide focus and direction to your practice. Create a Sacred Space in your home where you can meditate without interruptions. Set up the space to create a sacred and peaceful environment. You might want to include items that hold spiritual or personal significance to you
such as candles, crystals, or statues. Make this space feel sacred and inviting, so you can easily slip into a meditation techniques meditation techniques include mindfulness meditation, loving-kindness meditation, mantra
meditation, and transcendental meditation. Experiment with different techniques to find the one that feels the most natural and effective for you. Start with Short Sessions, such as five to ten minutes, and gradually increase the duration over time. This allows you to
build consistency and avoid feeling overwhelmed. Set a timer to help you stay focused during your meditation and gradually increase the time as you become more comfortable. Find a time of day that works best for you and commit to meditating at that time every day.
Whether it's in the morning, during lunch break, or before bed, having a regular practice time will make meditation become a natural part of your daily routine. Set Realistic Goals: Rather than focusing on immediate results or reaching higher consciousness overnight, set realistic goals for your meditation practice. Understand that it takes time and
commitment to cultivate a regular practice and experience the deep benefits of meditation. Approach your practice with patience and a sense of curiosity, without putting undue pressure on yourself. Embrace Mindfulness into your daily life by
practicing present-moment awareness throughout the day. Engage in activities with intention and focus on being fully present in the moment, whether it's eating, walking, or talking with others. The more you cultivate mindfulness in your everyday life, the more it will enhance your meditation practice and bring higher consciousness into all aspects of
your life. Seek Guidance and Support: If you're new to meditation or struggling with your practice, it can be helpful to seek guidance and support. Consider joining a meditation group or finding a meditation teacher who can provide a sense of
community and accountability, which can bolster your commitment to your practice. Remember, cultivating a regular meditation practice for higher consciousness is a journey, not a destination. Be patient and compassionate with yourself as you navigate the ups and downs, and trust in the transformative power of this ancient practice. With consistent
effort and an open heart, you will gradually tap into higher consciousness and experience the profound benefits that meditation for higher consciousness and understanding. To
start meditating for higher consciousness, find a quiet and comfortable space where you won't be disturbed. Sit in a relaxed position, close your breath. Practicing regularly can help develop a deeper state of consciousness over time. The length of
time for meditation can vary depending on individual preference and experience. It is recommended to start with shorter sessions, such as 5-10 minutes, and gradually increase the duration as you become more comfortable. Consistency is more important than the length of time spent in meditation. Meditating for higher consciousness can have a
range of benefits, including increased self-awareness, improved focus and clarity of mind, reduced stress and anxiety, enhanced emotional well-being, and a deeper connection to oneself and the world around you. It can also lead to spiritual growth and a greater sense of purpose in life. Aspirational level of awareness "Christ consciousness" redirects
here. For the Joey Badass song, see Christ Conscious. New Thought Divinity Omnipresence Higher consciousness Beliefs Law of attraction / manifestation Personal magnetism Positive thinking Glossaryvte New Age beliefsList of New Age topics Concepts Aura Chakra
Deva Earth Changes Earth mysteries Energy Eternal Now Huna Indigo children Karma Perennial philosophy Psychometry Pyramid power Quantum mysticism Star people Third eye Spiritual practices Affirmations Breathwork Creative visualization Crystal healing Kundalini yoga Neoshamanism Neotantra Psychological astrology Sun sign astrology
Transcendental Meditation Doctrines Age of Aquarius Gaianism Mayanism Michael Teachings Seth Material vte Higher consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) is a term that has been used in various ways to label particular states of consciousness (also called expanded consciousness) and the consciousness (also called expanded consciousness) are the consciousness (also called expanded consciousness) and the consciousness (also called expanded consciousness) are the consciousness (also called expan
limitations of self-concept or ego, as well as a state of mystical experience in which the perceived separation between the isolated self and the world or God is transcended.[1] It may also refer to a state of increased alertness or awakening to a new perspective.[1] While the concept has ancient roots, practices, and techniques, it has been significantly
developed as a central notion in contemporary popular spirituality, including the New Age movement. Johann Gottlieb Fichte (1762-1814) was one of the founding figures of German idealism, which developed from the theoretical and ethical writings of Immanuel Kant. [2] His philosophy forms a bridge between the ideas of Kant and those of the
German idealist Georg Wilhelm Friedrich Hegel. Fichte distinguished the finite or empirical ego from the pure or infinite ego. The activity of this "pure ego" can be discovered by a "higher intuition".[2][note 1][clarification needed] According to Michael Whiteman, Fichte's philosophical system "is a remarkable western formulation of eastern mystical
teachings (of which he seems to have had no direct knowledge)."[2] In 1812, Arthur Schopenhauer started to use the term "the better consciousness", a consciousness that "lies beyond all experience and thus all reason, both theoretical (instinct)."[3] According to Yasuo Kamata, Schopenhauer's idea of "the better consciousness" finds its
origin in Fichte's idea of a "higher consciousness" (höheres Bewusstsein)[4] or "higher intuition", [5] and also bears resemblance to Schelling's notion of "intellectual intuition", since Schelling's notion required
intellectual development of the understanding, while his notion of a "better consciousness" was "like a flash of insight, with no connection to the understanding."[4] According to Schopenhauer, The better consciousness in me lifts me into a world where there is no longer personality and causality or subject or object. My hope and my belief is that this
better (supersensible and extra-temporal) consciousness will become my only one, and for that reason I hope that it is not God. But if anyone wants to use the expression God symbolically for the better consciousness itself or for much that we are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types and for that reason I hope that it is not God. But if anyone wants to use the expression God symbolically for the better consciousness itself or for much that we are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be, yet not among philosophers I would have thought.[6] Different types are able to separate or name, so let it be able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the philosophers I would have thought.[6] Different types are able to separate or name, and the phil
of higher states of consciousness can arise individually or in various combinations. The list of known types of higher states of consciousness: modified states of consciousness: modified states of consciousness: modified states of consciousness can arise individually or in various combinations. The list of known types of higher states of consciousness: modified states of consciousness can arise individually or in various combinations. The list of known types of higher states of consciousness: modified states of consciousness can arise individually or in various combinations.
experience; mystical experience (sometimes regarded as the highest of all higher states of consciousness.[8][9] In Schleirmacher's theology, self-consciousness contains "a feeling that points to the presence of an absolute other, God, as actively
independent of the self and its 'world'."[10] For Schleiermacher, "all particular manifestations of piety share a common essence, the sense of dependency, or "God-consciousness", is a higher form of consciousness. [9] This consciousness is not "God himself", [11] since God would then no
longer be "an infinite infinite infinite, but a finite infinite, but a finite infinite, a mere projection of consciousness is, in the words of theologian Dawn
DeVries, "the part of the human being that is capable of transcending animal instincts",[8] and the "point of contact with God". Bunge describes this as "the essence of being human".[8] When this consciousness is present, "people are not alienated from God by their instincts",[8] The relation between the lower and the higher consciousness is akin to
"Paul's struggle of the spirit to overcome the flesh",[8] or the distinction between the natural and the spiritual side of human beings.[9] The idea of a "wider self walled in by the habits of ego-consciousness" was manifested in 19th century movements such as Theosophy,[12] New Thought,[12] Christian
Science, [12] and Transcendentalism. [13] The 19th-century Transcendentalists saw the entire physical world as a representation of a higher spiritual world. [14] They believed that humans could elevate themselves above their animal instincts, attain a higher spiritual world. [15] Higher self is a term associated with
multiple belief systems, but its basic premise describes an eternal, omniscient, conscious, and intelligent being, who is one's real self. Blavatsky, who founded the Theosophical Movement, formally defined the higher self as "Atma the inseparable ray of the Universe and one self. It is the God above, more than within, us".[16] According to Blavatsky,
each and every individual has a higher self.[17] She wrote: By that higher intuition acquired by Theosophia—or God-knowledge, which carried the mind from the world of form into that of formless spirit, man has been sometimes enabled in every age and every country to perceive things in the interior or invisible world.[18] Blavatsky refers to Fichte
in her explanation of Theosophy: 
the higher consciousness or self as Harpocrates, which he identified as a name for the Holy Guardian Angel is the "silent self", the equivalent of the Genius of the Hermetic Order of the Golden Dawn, the Augoeides of Iamblichus, the Atman of Hinduism, and the Daimon of the
ancient Greeks.[20] Clairvoyant Edgar Cayce referred to higher consciousness as "the Christ pattern". This is not necessarily a tenet of Christianity, but the conviction that a regular person can be attuned to reach the same level of spirituality as did the historical Jesus.[21] The idea of "lower" and "higher" consciousness has gained popularity in
modern popular spirituality. [22] According to James Beverley, it lies at the heart of the New Age movement. [23] Most New Age literature defines the Higher Self is essentially an extension of the worldly self. With this perspective, New Age texts teach that the self creates its own reality
when in union with the Higher Self.[24] Integral theorist Ken Wilber has tried to integrate eastern and western models of the mind, using the notion of "lower" and "higher" consciousness at one end, and more profound types of
awareness at higher levels.[25] In later works he describes the development of consciousness, to higher transpersonal consciousness, through personal consciousness as a development from the consciousness and the consciousness are through personal consciousness.
awareness that includes perception and emotion. Higher consciousness in contrast, "involves the ability to be conscious", and "allows the recognition by a thinking subject of his or her own acts and affections". Higher consciousness requires, at a minimal level semantic ability, and "in its most developed form, requires linguistic
ability, or the mastery of a whole system of symbols and a grammar".[26] Main articles: Psychoactive drugs can be used to alter the brain cognition and perception, some believing this to be a state of higher consciousness and transcendence.[27] Typical psychedelic drugs are hallucinogens
including LSD, DMT, cannabis, peyote, and psilocybin mushrooms. [27] According to Wolfson, these drug-induced altered states of consciousness may be used for psychoanalytic therapy, [27] as a means to gain access to the higher
consciousness, thereby providing patients the ability to access memories that are held deep within their mind.[27] Body of light - Hermetic starfire body Chakra - Subtle body centers in esoteric traditions Enlightenment - Goal of Buddhist practice Kether - First emanation in Kabbalah Monism - View that attributes oneness or singleness to a concept
Nondualism - Absence of fundamental duality Open individuals Psychonautics - Methodology for describing and explaining the subjective effects of altered states of consciousness Superconscious - a proposed aspect of mind to
accompany the conscious and subconscious Sahasrara - 7th primary chakra in some yoga traditions True Will - Concept within the system of Thelema Vertiginous question - Philosophical argument by Benj Hellie ^ See also Daniel Breazeale (2013), Thinking Through the Wissenschaftslehre: Themes from Fichte's Early Philosophy, and Stanford
Encyclopedia of Philosophy, "Johann Gottlieb Fichte". ^ a b c Miller 2016. ^ a b c Miller 2016. ^ a b c Cartwright 2010, p. 181. ^ a b c Cartwright 2010, p. 182. ^ Revonsuo 2009, p. 1034 p. ^ a b c d e DeVries 2001, p. 341. ^ a b c Merklinger 1993, p. 67. ^ a b Merklinger 1993, p. 65.
 a b Merklinger 1993, p. 68. ^a b c d Heisig 2003, p. 54. ^Ladd et al. 2010, p. 33-34. ^Ladd et al. 2010, p. 33. ^Ladd et al. 2010, p. 33. ^Wilber 2002. ^Blavatsky n.d. ^Crowley (1996), p. 29. ^Grant (2010). ^Rapsas 2019. ^a b Hanegraaff 1996. ^Beverley 2009. ^Hanegraaff 1999. ^Wilber 2002.
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