

∞ 57. Consciousness (Two Forms) ∞

This is not merely a philosophical proposition, a trick of language. It Is Self-Evidently the Case. It is a Pointing to Reality Itself - the Reality That Is Self-Evident, if you will rightly inspect It.

Human beings are always babbling about "the body" and "things" and "the world", but that is not your actual "experience". Your "experience" is of Consciousness Itself. You do not "experience" anything "objectively" (or separate from Consciousness). Anything you "experience" is "experienced" only As Consciousness. Whatever you "experience" is Pervaded by Consciousness. Whatever you "experience" is within Consciousness. You cannot "experience" anything if there is not Consciousness first.

Therefore, Consciousness Itself is the Principle of all of your "experiencing". Consciousness Itself Stands Prior to your "experience". No matter what arises, you are Conscious of it, you Are the Witness of it. You "experience" everything as a mode of Consciousness.

Examine anything in the room - even the room itself, in its totality. You are Conscious of it. The room exists for you only as a mode of Consciousness. The room is perceived as a Conscious "experience", not as an "objective thing" separate from Consciousness.

It is not the case that "things" are. "Things" exist only as "experiences" in Consciousness. Therefore, Consciousness, rather than "things", is What is to be investigated and Realized.

If you investigate "things", you become more and more divorced from Consciousness. That is bewilderment, bondage, illusion.

If you investigate Consciousness, you transcend all illusions. You see "things" as they are, and you transcend "things" in That Which they Are.

Your problems and your questions only arise because you forget Consciousness and egoically "self"-identify with "objects" - first the body, then everything else. You presume you are the body -- but, in Reality, you are only Witnessing the body. You are aware of the body as something in Consciousness. You do not "experience" the body itself as a "thing" in and of itself. You are Conscious of the body.

Therefore, Consciousness Itself is first -- not the body. Then there appears to be the body, and you contract and egoically "self"-identify with it, and forget Consciousness. That is how Consciousness Itself becomes the unconscious: You presume to be the body, and you imagine Consciousness is to be found somewhere else. You presume that you have to search within the body for Consciousness. You go within the body to find It. That is nonsense. You Always Already Are Consciousness Itself. You cannot find Consciousness Itself by searching among or within the "things". You cannot find Consciousness "outside" the body or "inside" the body.

Consciousness Itself Is Always So. Consciousness Itself Is Always Already The Case. If you seek for It, you lose It -- because you separate yourself from the Position of Consciousness.

This is the error of all seeking: You leave the Place Where you Are, in order to find It.

- F. Jones

To arrive at self knowledge is to arrive at God-realization. God-realization is different from all other states of consciousness because they are experienced through the medium of the individual mind, whereas God-consciousness is not dependent upon the individual mind. A medium is necessary for knowing anything other than one's self: for knowing one's self no medium is necessary. In fact, the association of consciousness with the

mind is a hindrance to the attainment of realization. As the seat of the ego the individual mind is conscious of being isolated. From it arises the limited individuality, which at once feeds and is fed by the illusion of duality, time and change. To know the self as it is, consciousness has to be freed from the limitation of the individual mind. In other words, the individual mind has to disappear while consciousness is retained.

Throughout the life history of the soul its consciousness grows "with the individual mind and the workings of consciousness proceed against its background. Consciousness comes to be firmly embedded in the individual mind. So when the mind is in abeyance consciousness also disappears. The interdependence of the individual mind and consciousness is illustrated by the tendency to become unconscious when there is any effort to stop mental activity through meditation.

- meher baba

This is the state of blessedness of the person who has established himself/herself in unity with the universal Self. They are called "Jitaman," whose calm and serenity are not disturbed by the pains of the opposites. The "Supreme Self" regards them as his very SELF. The SELF in the body is generally absorbed by the world of dualities; heat and cold, pain and pleasure. But when it controls the senses and masters the world (subdues the earth), the SELF becomes free. The *Supreme Self* is *not* different from the SELF in the body. When the SELF is bound by the modes of "Prakrti" or nature it is called "Ksetrajna;" when it is freed from them, the same SELF is called the Supreme Self. This is certainly the position of Advaita (non-dual) vedanta.

-Bhagavadgita

The body exists in space, the mind exists in time. The body-mind, therefore, exists in space-time, and it demonstrates all of the paradoxes of space-time phenomena.

The mind, through association with the body, enjoys the modes of movement or change in space. The body, through association with the mind, enjoys the modes of movement or change in time. But the body-mind inheres in the Divine Being or Infinitely Radiant **Self**. Therefore, the Being Who is the **Self** of the body-mind always transcends time, space, and space-time, or all the phenomena and paradoxes of experience.

All conditions in time may be conceived or inspected in the mind's permutations. All space may be perceived or visited in the body's mutations or planes of manifestation. All space-time may be known in the stares of the My-mind, if the body-mind is surrendered in Transcendental Ecstasy (or inherence in the Infinitely Radiant Being).

The "witness"- consciousness, which is identical to consciousness itself, is not "caused." Consciousness itself is *not* an "effect" or a "result" of any conditional event or and display of conditional events. The very existence of consciousness itself is not dependent on any condition, or any display of conditions. Consciousness (super consciousness, over soul, atman, Christ consciousness, Tao) itself is an inherent characteristic or most "prior," most primitive, irreducible, inherently spiritual and (ultimately) "divine element of being itself," or "of existence itself," or "of reality itself." When conditions arise and change, and pass away in the view of consciousness being prior to body mind, consciousness itself remains always as the same, as "consciousness being existence prior to the physical body-mind-and thoughts."

-Franklin Jones

Consciousness *is* the "soul," "The Holy" Spirit, the SELF in SELF awareness. It is also called the over soul or super consciousness. The term super consciousness is somewhat misleading as it implies that it is something special or above the ordinary. But in fact, it is the natural and true state of each human being. It is the egoic state which is the SUB-NORMAL condition and is UNNATURAL.

The achievement of "SELF realization" in many religions is referred to as the "gate" or the "gate to all wonders". It is the beginning of a true life and grows deeper and more profound as long as it is maintained. (Self realization can be lost if one is not careful.)

Pure consciousness is not male or female. Consciousness *is* spirit. Living consciousness *is* living spirit.

A person's inner consciousness is the exact same as the universal consciousness or what is called God. When a person abandons their ego, and just consciousness remains, they are connected and the same as the universal consciousness or universal mind and pure mind. The pure consciousness *in* the body is called the Holy Spirit, or guide or helper.

The helper, the Holy Spirit, whom the Father will (uncover) will teach you all things and bring all things back to your remembrance.

-Jesus, John 14:26

In the state of enlightenment, also known as God realization, Tao, Satori, nirvana, heaven, Samadhi, baptism, etc., one has many "insights" to the spiritual condition. Insight is the same thing as "remembrances."

Consciousness is not a function of the brain. - Consciousness is ETERNAL living energy.

Consciousness is: Spiritual -self awareness which is prior to and inner witness to the PHYSICAL BODY, mind and thoughts, which creates its own psychological ego and its fixation as a separate entity.

Pure consciousness is not void or empty. Pure consciousness is eternal self-awareness as spirit. (It is only empty of thoughts.)

The Bhagavad-gita States:

For Him who has conquered his (lower) self by the (higher) SELF, his SELF is a friend. But for him who has not possessed his (higher) SELF, his very SELF will act in enmity, like an enemy. This is the same teaching Jesus gives in the gospel of Thomas #70. If you bring forth that which is within you, that which you bring forth (SELF Realization) will save you.

God did not cast man out of heaven. It is mankind who cast itself out by getting involved (lost) in creation (while passing through it on its journey toward evolution).

"If therefore your eye" (Consciousness) "is good," (centered inwardly, not involved with the body), "your whole body will be full of light."

-Jesus, Matthew 6:22

To "think" that the psychical body is the "material" and that "thoughts" are the *spiritual*, is incorrect. Thoughts are part of the material, also.

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Consciousness, as -Self awareness, is *prior* to the body and its thoughts.

The "witness"-consciousness, which is identical to consciousness itself, is not "caused". Consciousness itself is not an "effect" or a "result" of any conditional event or any display of conditional events. The very existence of consciousness itself is not dependent on any condition, or any display of conditions. Consciousness (super consciousness, over soul. Atman, Christ consciousness, Tao) itself is an inherent characteristic or most "prior" most primitive, irreducible, inherently spiritual, and (ultimately)"divine element of being itself" or "of existence itself". When conditions arise, and change, and pass away, consciousness itself remains always as the same.

-Franklin Jones

In ancient Taoism God or consciousness-spirit prior to creation is called "Tao" (the Father). As God (Tao) moves to become creation (the Son), it becomes primal "Chi" or foundational energy, ether.

– THE TWO TYPES OF CONSCIOUSNESS --

There are TWO types of consciousness. A human being (a divine animal) contains one of each type. The FIRST type of consciousness is called SELF-CONSCIOUSNESS.

SELF-CONSCIOUSNESS refers to the physical being, the divine animal that is aware of itself as an entity that is separate and different from the other human beings, i.e., it knows itself to be an individual being, an individual person. It is this self-consciousness that creates the individual personality of the body-brain, the ego-I condition of each individual person, also called the psychological person-ality. A more indepth understanding is that the inner self (spirit or soul) become identified with the physical body-brain, the brain, an "organic" binary computer produces "the field of the mind" which is a sort of "organic cyber space", an "artificial consciousness". True consciousness is the universal living subtle energy that causes the brain to function. When the physical body and brain pass away the consciousness continues. True consciousness is the living subtle energy of the universe(s), a sort of living mind-energy. This "living energy" is the same underlying consciousness (energy) in all humans and therefore connects all humans together (this is how intuition works between people). In truth all human beings are "one being" but being stressed differently because of the "programs" which are stored in the "organic computer brain" and gives the "illusion of individuality". To hurt or kill another person is to actually hurt or kill "part" of yourself. "As machines become more humanlike - humans become more like programmed machines".

The SECOND type of consciousness is called SELF-AWARENESS. Self-awareness is the spiritual and universal consciousness, that which is called God, the SELF-AWARENESS IN the physical body is called the soul, Holy Spirit, the inner man, the divine SELF, the eternal SELF, the son of God, and is the spark of God and is the same as God. Self-awareness is pure and without form. Self-awareness, or spiritual self-awareness resides in the physical body. But is not part of the body and brain function. Spiritual-self-awareness never dies, and continues to exist even after the death of the physical body brain with it own self created psychological personality the ego-I. If SPIRITUAL-SELF-AWARENESS (the REAL eternal you) becomes associated and identified with the SELF CONSCIOUSNESS and the psychological personality of the physical animal body it loses its universal awareness, i.e., the spiritual consciousness believes itself to now be the physical body and brain and personality. This MISTAKE or the FORGET FULLNESS of the SPIRITUAL-SELF-AWARENESS to STAY SEPARATE and "experience" life from a separate state is called the ORIGINAL SIN.

The spiritual SELF (the real you) now suffers along with the physical body physically and emotionally. The statement I think therefore I am is a statement of the psychological personality and not from the spiritual SELF. Meditation, and a simple life, is a way to shut down the physical body and brain an its self generated

psychological personality in order for the true self (the real you) to detach itself, and become disassociated and not identified with the body brain (the divine animal). In order to return, remember, reestablish and RESURRECT itself back to its true and original natural state and condition of eternal spirit experiencing it self in the process of life but no longer trapped in life. (This is the only and true resurrection.)

Was Jesus really dead when they took him down from the cross? Did the sour wine on the sponge contain a strong sedative? Did he just pass into what is called a "yogic swoon," where the body just shuts down, but does not die?

SECOND VERSION:

SELF CONSCIOUSNESS is of and part of the physical material body condition. SELF-AWARENESS is of and part of the spirit or universal mind called God.

Self-consciousness is the foundation of the separate ego-I state of mind.

Self-consciousness creates the anti-person, or anti-SELF.

The psychological -personality is self created, i.e., an image, and does not stand in "TRUTH" (is not part of a natural spiritual state of consciousness).

The psychological personality is real and yet not real. It exists and yet is does not exist.

When you dream, you exist and are real in the dream. But when you awaken, the dream and you in the dream do not exist.

To return to God-Self-Realization, Satori, Nirvana, Samadhi, Heaven, At-onement, etc. etc. etc. is to be AWAKE. To be IDENTIFIED with the SELF-CONSCIOUSNESS and the psychological-personality the EGO-I is to be in a dream.

To be identified with creation, INCLUDING one 's own body-brain and thoughts IS to be in a dream state. In ancient times, the identification with the body-brain and its self generated psychological person-ality was understood as living or existing in a lesser condition - LESSER WORLD - UNDERWORLD, i.e., HELL, (Also sometimes called the VALLEY).

Note: The use of uppercase, or capital "S" is referring to the spiritual Self, the lower case, small letter "s" is referring to the individual self, egoic self, the psychological personality, or the self of the physical body.