

Spirit *is* consciousness. Consciousness *is* spirit.

The consciousness in each living human being *is* the spirit, also called the "holy spirit."

The spirit or consciousness in *each* individual person prior to, or underlying their thoughts, is the same.

The spirit, the soul\* or the holy spirit are all the same thing, i.e., consciousness.

The spirit or consciousness supports the body and psychological ego, but the psychological ego does not support the spirit.

The spirit or consciousness *in each* individual person is the *same* as the universal spirit or universal consciousness which is referred to as God.

Your ego is *not* God, but your *inner* "SELF" *is* God, therefore, "YOU are *not* God, but your SELF *is* God."

Even if the ego is peaceful and quiet during the practice of meditation-cultivation, it is still not God; only God-SELF is God-SELF. If one does not realize that one's inner SELF is God, then one must continue to disassociate from the psychological egoic condition until one "intuits" "this is God" or "this *is* heaven."

In truth, one cannot FIND God, one can only BE God, i.e., the INNER truth SELF is the SAME as the outer UNIVERSAL SELF called God.

Consciousness IS SELF awareness, it is eternal spirit, it IS your TRUE SELF, it is NOT part of the brain function. When the physical body and brain (with its own ego-I condition) dies the consciousness, the Holy Spirit, the inner real and eternal you leave the body and rejoins with the UNIVERSAL CONSCIOUSNESS, or God.

Spirit, or consciousness, which *is* the true eternal SELF is not an inherent characteristic of the physical body and brain. The true inner SELF is prior to, and inner witness to the outer physical body, brain and personality.

\*The universal consciousness, universal spirit, universal soul is called God, when the universal consciousness (God) becomes INDIVIDUALIZED it is called the inner soul or holy spirit *in* each human being.