

# Higher Consciousness

Refers to a heightened state of perception that offers profound understanding and clarity. It is often distinguished from primary consciousness, which includes basic awareness and emotions. Achieving higher consciousness can lead to significant mental and physical changes, revealing possibilities previously unconsidered. Benefits of reaching this state include enhanced mental activity and a deeper understanding of oneself and the world. Practical steps to attain higher consciousness may involve mindfulness practices, meditation, and self-reflection.

## Signs You Are Shifting to A Higher Level of Consciousness

Are you noticing changes in your mind, body, and soul? If you have begun a journey towards a higher level of consciousness, there will be both mental and physical changes that accompany you on your path.

Things that you never before thought were possible will suddenly be revealed to you. Higher levels of consciousness enable higher levels of understanding, and with this shift come many changes. As you begin your journey, you will look at the world differently. You will experience a shift in your spiritual belief system that will alter your core beliefs.

If you are experiencing any of the following signs, you are likely shifting to that higher level of consciousness. Embrace the change, and enjoy the ride.

As you shift into a higher level of your conscious mind, you let go of all the aggression and anger you once clung to. You have no room for all of the noise created by feelings of ill will as you are completely focused on your own inner workings. You simply do not have the time for hostility in any form.

**You take full responsibility for your life** and where you are right now.

You know that your past is a result of your reactions to experiences, and you have stopped **blaming others** for your mistakes. You realize that you have to not only embrace the past, but you also have to learn from it. If you do not effectively close the door on the past, it will drag you down in the future. Through meditation and **self-reflection**, you now own every aspect of your life. You give the reins to no one.

You own your emotions.

You know that if you want to be happy and successful, it must come from within. You are completely capable of creating the life that you want to live, and you make affirming choices to move yourself in that direction. **You no longer rely on others to bring you happiness**. You can now slow down and spend quiet time with yourself without feeling as if you aren't being productive. You are no longer afraid of what might happen in life because you are prepared for any obstacle.

**You take care of your own needs before addressing the needs of others. You know that you will only be able to care for others when you are well cared for yourself. You no longer expect perfection from yourself. Instead, you embrace the imperfections and celebrate them. You see them as they really are: opportunities to learn and grow into higher levels of consciousness. You have a strong desire to be alone, so that you can continue to explore the inner workings of your mind.**

**You are kind and compassionate.**

**You **forgive yourself** and others. You enjoy **helping others** in their journeys. You are forever refining yourself and asking what you can do for those around you. People have become attracted to your kind energy, and you notice them wanting to spend time with you.**

**You have a strong desire to change your life.**

**Something strong inside of you is motivating you to make significant changes in your life. Your gut tells you that it is time to take a leap of faith and make change happen. As you begin to shift to a higher level of consciousness, there are several things that no longer fit. You have realized that you should only be spending your time and energy on the things in life that directly fulfill your **newly found purpose**. Your job, your home, and your personal belongings may be pulled into question as you shift to a higher awareness level.**

**You instinctively pull away from toxic people.**

**You no longer tolerate those who suck your positive energy. Drama does not appeal to you, and you want no part of it in your life. While it isn't easy, you find yourself **ending friendships** and setting boundaries that you have never set before. Toxic energy will only slow down your transition, and you know that you only have room in your life for those who have your best intentions at heart.**

**Often, as people transition to a higher conscious state, they have trouble staying asleep at night. Do not be alarmed if this happens to you on your journey. Your subconscious mind is hard at work, and there may be times during the nighttime hours when it needs to send a message to your conscious mind.**

**You get rid of all of your destructive habits.**

**If you used to eat unhealthy foods, drink alcohol, or smoke, do not be surprised if you no longer want to engage in any of those old habits. You are now beginning to see that long-term success entails giving up short-term gratifications. Now that you understand and truly embrace this ideology, you can simply leave the bad habits behind.**

**You are more productive than you have ever been before.**

**You have a laser-like focus on your goals, so you are able to get more done. You work more efficiently because you are more present in everything you do. No longer do you submit to distractions. **Your priorities are clear** (perhaps thanks to a **vision board**), and you don't waste any time. You are doing what needs to be done to achieve your dreams. Your stress levels are down,**

**too, because you have a sense of the bigger picture, and you can see how it all fits together.**

**You no longer feel the need to compete.**

**You forget why you always felt the need to prove yourself before. You no longer need to compete with everyone because you **no longer compare yourself to others**. You now know that by helping others instead of competing with them, you are helping yourself and improving your future.**

**You have an immense sense of gratitude.**

**You appreciate all you have in life and all the things you will have in the future. Gratitude is part of your daily quiet time. You see all of the good in the world, and you are grateful for it. While you know that there is much work to do, you are grateful that you can be a part of the solution instead of the problem.**

**As you shift to a higher level of consciousness, your entire life changes. You think back to the person that you used to be and realize how immature and selfish you were compared with the person you are today. You've made significant changes, and you will forever have more power.**

**Embrace the changes as they will bring you a higher level of satisfaction with your own life, as well as an innate ability to help others. These changes are a good thing because they mean you are shifting to something better, so make peace knowing that the changes are leading you to a more fulfilling life. You are becoming the amazing person that you were born to be.**

## **Quantum Pause**

**The Quantum Pause is a meditative technique that serves as a very convenient tool for reaching a special space of neutrality and intention from which you can work on whatever you'd like internally. It is designed to reach a space of contact with your inmost self, allowing you to work through situations by their wisdom, and reinforcing their presence in the life of the individual.**

### **Starting out**

**Keep your eyes closed throughout the process. One possible posture is to sit with your back straight in a comfortable position, both feet on the ground.**

### **Intent**

**The first step is called Declarative Purpose. This simply means that before you begin, declare your intent. There are two general states when one performs Quantum Pause:**

- 1. I am doing this for the whole of humanity**
- 2. I am doing this for a specific subset of humanity (myself, friends, family)**

**The first state is obvious, but the second varies by a considerable degree. For example, you could apply Quantum Pause for a situation that requires forgiveness or compassion within your immediate family, or perhaps yourself. An example would be, "I am doing this to benefit me and to further my own understanding of self." Whatever the purpose is, it is recommended to declare it before you take your first breath. This is your inception point for the entire session that follows.**

## **Breathing**

**From a breath perspective, there are four equal parts to Quantum Pause. In-breath (nose) > pause > out-breath (mouth) > pause. This 4-part process is called a measure. Each measure is divided into two segments:**

- 1. In-breath > pause segment**
- 2. Out-breath > pause segment**

**After you have declared your purpose, then perform 2-4 measures of breath, without visualizing or thinking or feeling. This step is simply to quiet your internal state, center your awareness and bring you fully into the now.**

## **Consolidation**

**When you begin your consolidation period, it is a time for you to bring focus and all of your attention to those things that bubble to the surface of your consciousness, knowing that these arise for a reason. From here, you can let your intuition guide you on what to do. Examples include: simple awareness and acceptance; kindness (metta); conflict resolution techniques.**

**This consolidation period usually lasts about three to five minutes, but there are no set time limits. Use your intuition to guide this period of time.**

## **Repeat**

**Repeat the breathing pattern and the consolidation period as needed. Generally, each repetition of the consolidation, and usually there are four or five, becomes less crowded with thoughts or feelings, and by the time you enter the final consolidation period you have emptied yourself of thoughts and**

feelings and entered the quantum domain, of close contact with your inmost self.

## **Further Suggestions**

The Quantum Pause immediately after the out-breath can provide a subtle sense of panic for some people. If this occurs, shorten your count so you have less time elapse for each segment. For example, if you were using a four count cycle, shorten it to three. This feeling of panic will go away as you practice the technique. These “hitches” or Quantum Pauses have a purpose that you will come to understand.

I would also suggest that you focus your attention on your breath – its sound, its texture, how it feels inside your lungs, how your lips form in the out-breath, how it flows through your system, etc. This focus aligns you with First Point or the origin point of your Sovereign Integral because it is the breath that is the Portal of the infinite and eternal being that you truly are, and it is through this portal that it is manifesting in physicality.

- **Breath Control**

The longer your breath parts are performed in each of the segments, the better the result. As you get into the later steps of the Quantum Pause process, your attention is less centered on your breath. You allow it to become self-directed, so your attention can move to a more imaginative and feeling oriented state.

- **Purpose**

The purpose of Quantum Pause is not to leave the body or have a “spiritual” experience or conjure any “positive” experience upon completion. It is purposely not of that realm. It is not

**designed to create an experience for your mind or provide visualizations of another world. If you see, sense or feel anything that is unrelated to your purpose, gently, but firmly, remove it.**

- **Posture**

**Unlike traditional meditation, Quantum Pause is not related to specific postures. You can practice lying down when you wake up or go to bed. You can be standing up or sitting down. There is no posture requirement. Quantum Pause is not meditation for the human instrument. It is a behavioral exercise to reveal the Sovereign Integral state of consciousness.**

- **Synchronize**

**If you practice Quantum Pause, and you begin your session at the top of the hour, it will synchronize your experience with others and expand the energy. It doesn't matter which of the 24 hours you start with, but if you can, begin at the top of the hour.**

- **Quantum Moment**

**The Quantum Moment is dissecting your day into passages of time. In other words, “moments”, in this definition, are passages of time or events. For example, let's say you get out of bed in the morning; you are now starting a new passage or Quantum Moment. Before you move into the new passage, you practice an abbreviated Quantum Pause – one or two breath cycles: in-breath, Quantum Pause, out-breath, Quantum Pause. This re-establishes your First Point, grounding your physical-based human instrument in the quantum domain. As you go through the passage of waking up, washing your face, brushing your teeth, etc. you are stepping through passages of time. The**

**Quantum Moment helps to ground your inmost presence fully in that moment, to bring its wisdom in the everyday life.**

- **The Heart Virtues**

**The consolidation phase is an excellent time to apply the Six Heart Virtues (appreciation, compassion, forgiveness, humility, valor, and understanding) to any thought or feeling that manifests. They are the virtues that flow naturally from the heart aligned with the inmost self. For more information,**

## **4 stages of higher consciousness and creating ripples of transformation**

**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.**

**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.**

**What is higher consciousness?**

**As you raise your consciousness, you awaken to the eternal, unlimited nature of your being. Higher consciousness is an ever-increasing awareness of the meaning of existence, your spiritual essence, and the spiritual and energetic nature of all things.**

**It's a state of connection to [spiritual wisdom](#), transforming knowledge, 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.***

**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 questions: most scholars accept consciousness as a given. And there are a number of fascinating [studies](#) of how consciousness affects the world.**

**The four stages of consciousness**

**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 awakening or consciousness.**

Developed by the founder of the Agape International 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:

**1. To Me: Victim Consciousness**

The belief that something is happening *to* you. Everything in your life—destiny, happiness, success, and well-being—is determined by external factors.

**2. By Me: Manifestor Consciousness**

The belief that things are happening *by* you. You're able to use spiritual principles, like affirmation and visualizations, to manifest the kind of life you want.

**3. Through Me: Channeler Consciousness**

The 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.

**4. As Me: Being Consciousness**

The belief that you're at oneness with all of life *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.

## How to achieve higher consciousness

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.

### 1. Identifying Victimhood

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, 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.

## How to increase consciousness

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.

## 2. Create reality with your mind

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 their experiences using their thoughts, feelings, and beliefs.

If you're familiar at all with the Laws 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.

### How to reach higher consciousness

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 won’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. It’s about what you put out, you bring in because that’s what resonates with you.

***Why the Law of Resonance is More Important than the Law of Attraction – Video***

### **3. Welcome life to flow through you**

The ‘through me’ stage is a powerful one. It’s about letting go of control and going from making things happen to making things welcomed. And this is where life visioning *really* begins.

***“Intelligence, abundance, harmonizing, prosperity, affluence—all of these qualities are already present, we don’t make these, we don’t create these, we just become aware of them and allow them to flow through us.”***

**How to meditate for higher consciousness**

**As you let go of the idea that you *need to make things happen*, you start to realize that there’s a larger purpose to the life you’ve been given and understand that you *can make them happen*.**

**It’s about reaching a state of flow, or ‘flow motion’, 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. So, take a moment to meditate with this life visioning meditation.*

### ***Life Visioning Meditation For Inner Peace And Inspiration***

#### **4. Being consciousness**

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 same fabric of the universal consciousness. *You've been opening yourself up to coming into a state of being absolutely connected with a great sense of unity."*

#### **How to raise your consciousness to a higher vibration**

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. 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.**

**Participate in your own unfolding**

**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.**

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## **What is Higher Consciousness? A Deeper Look at an Elusive Concept**

**Consciousness is a term that's thrown around a lot. It's common in the fields of psychology and philosophy, although it can also be used in medical contexts, or in more spiritual discussions, too. Essentially, we use it to describe different states of physical and mental awareness. But what is higher consciousness?**

**If you've heard of "Higher Consciousness" before but aren't quite sure what it means, you're not alone. Higher**

**consciousness is a concept that has been around for centuries, but it can be difficult to pin down its true meaning.**

**Generally speaking, it refers to a heightened state of awareness and understanding. It's often associated with spiritual growth and enlightenment, but it can also simply refer to a more expanded, open way of thinking and being.**

**In this article, we'll explain the different states of consciousness humans can occupy, and explore the benefits of reaching higher consciousness. We'll finish off by suggesting some tips and techniques you can use to help you reach a higher level of mental activity. Let's get started.**

### **What are the Different States of Consciousness?**

**Not all forms of awareness are the same; in some moments we may experience [open attention](#) (in which our attention spans multiple points of focus at once), while at other times, like if we're completing a practical task, it would be a more fitting response to practise a narrow form of awareness.**

**Various different factors can have an effect on how we attend, and it's important to remember that this is a highly subjective experience.**

**A higher-order theory of consciousness is a way of explaining the difference between different states of awareness. Different kinds of consciousness are defined by different higher-order theories (you can find out more about higher-order awareness [here](#)).**

Moreover, according to some teachings, **spiritual levels of consciousness** will help you understand the world better. These levels also give you an insight into your own world of intuition.

The most challenging states to explain tend to relate to “phenomenal consciousness”, a term used to describe a subjective experience in which a person ‘feels’ something. To help us understand different conscious perceptions, we can turn to “The Six Levels of Consciousness”.

**What are the 6 levels of consciousness?**

Certain thinkers break down our experiences of conscious content into six key levels of consciousness. These are:

- 1. Life happens to you – you react to the experiences and things you encounter, defending yourself, avoiding things, and rarely living in the present moment.**
- 2. Life happens by you – your dissatisfaction with this sense of powerlessness drives you to feel as though you can and should control life. This can bring great personal power, but it can also lead to a misguided effort to control everything in your life, which can cause stress, anxiety, and dissatisfaction.**
- 3. Life happens in you – here, you see that all your reacting and controlling hasn’t brought you the happiness and peace you’d hoped it would. You begin to realise that life is experienced through your thoughts, meaning that your suffering and hardship is not caused by what happens to you, but by the stories your mind creates about those experiences. This is a U-turn towards higher consciousness.**

**4. Life happens for you – as your curiosity about your experiences and observations grows, you start to accept the natural flow of life, thinking of it less as something to mold and shape, and more as something to openly experience without judgement. Experiencing conscious awareness of the present moment throughout your day (as encouraged by [mindfulness meditation](#)) is a great example of this.**

**5. Life happens through you – in this state of consciousness, you understand that there are no ordinary moments in life. Every single moment is an opportunity for a positive experience, and this all happens through you, your body, and your mind.**

**6. Life is you – the final level of human consciousness develops after a gradual evolution, as you continually cultivate a more accepting, non-judgemental approach to life, viewing yourself as intrinsically connected to everything around you.**

**Noting the distinctions between each theory of consciousness can be useful. Let's explore the idea of "lower consciousness" in some more detail.**

### **What is Lower Consciousness?**

**As human beings, we spend most of our time operating in "lower consciousness", or "normal consciousness", as some people may call it. Lower consciousness often refers to states in which we feel drowsy or sleepy, not fully engaged with what's happening around us but capable of processing brain signals and performing instinctive actions.**

**However, this term also refers to the more reactive and unhelpful behaviours we engage in when we're not practising mindfulness or experiencing the benefits of a higher state of consciousness.**

**For example, when occupying a lower level of consciousness, we take a pretty narrow view of things and are primarily concerned with ourselves, our survival, and our successes.**

**We feed unhelpful cycles, striking back when we're questioned or criticised, blaming others for mistakes, thinking only about what's relevant and practical, and reinforcing a flattering image of ourselves and our life direction. Lower consciousness is when we fuel our tendency for impartial judgement and biased behaviour.**

**This outlook is often rewarded in ordinary life, which requires plenty of practical thinking and a narrow focus on task completion.**

**There are, however, moments in which we can access a more profound state of being. And moving into a state of higher consciousness can significantly improve our experience of life.**

**What is Higher Consciousness?**

**Certain theories of consciousness tell us that it's possible to operate in a higher mode than the typical selfishness, reactivity, and brittle pride that defines the first level of consciousness.**

**Higher consciousness is the term given to describe a state of elevated awareness and perception that allows individuals to**

develop a deeper understanding of the nature of reality. These states move the mind beyond self-interest and craving. We stop acting so judgementally, and we approach others with a more open mind, considering the reasons they may act the way they do.

In higher states of conscious awareness, we pay more detailed, non-judgemental awareness to present moment experiences. We consider how people may be influenced by **pain or suffering**, and we develop the ability to sympathise more with the contexts and motivations for others' actions, rather than focusing on how it affects us.

So when do these states occur? According to some, we're able to access this higher mind when there are no threats or demands upon us, perhaps late at night or early in the morning, when our bodies are at their most comfortable and relaxed.

This process involves loosening our hold on our own egos, putting aside our biases, relaxing onto a seat of imagination and open-mindedness, and cultivating a kind of universal sympathy.

### **Is There Any Evidence for Higher Consciousness?**

There are key parallels between higher consciousness and certain types of psychedelic experience. Therefore, it's hardly surprising that research into **the impact of psychedelic drugs on brain signals** provided evidence for the existence of "higher" states of consciousness.

**Brain activity becomes more complex during higher states of consciousness, as electrical activity in the brain becomes more unpredictable and our perceptual experience expands.**

**This is not dissimilar to the impact of meditation on the brain. Check out our article on [brainwaves during meditation](#) for more information on this.**

**What are the Benefits of Living Life on a Higher Level?**

**So how can we measure the impact of accessing a higher model of consciousness?**

**While it's hard to pin down due to the subjective nature of perceptual consciousness, accessing higher states often leads to increased [compassion and empathy towards others](#). In turn, one can move away from feelings of selfishness, thoughts regarding status or power, and ties to material possessions, helping us regularly develop a more positive response to humanity.**

**Accessing a higher-order awareness state can alter our experience of emotions, making us better at observing and managing them rather than reacting instinctively.**

**Buddhist and Christian monks are among the many religions and spiritual believers who use meditative or contemplative techniques to access higher consciousness, but you don't have to be tied to a belief system to enhance your conscious experiences. One of the benefits of higher consciousness is that it can be a totally secular experience too.**

**Cultivating different types of consciousness can help you understand and unlock the power of your own mind. So what exactly can we do to bring on these deeper experiences?**

## **How Can I Experience Higher Consciousness?**

**There are a number of techniques and exercises you can use to help yourself achieve a state of higher consciousness.**

**Some of these stem from ancient spiritual roots in Asia, while others are more suited to a modern context. Below, we've collated a list of 5 things you can try out to encourage the appearance of deeper conscious experiences.**

### **1. Practice Mindful Breathing**

**Mindful breathing** can help alter subjective experience and expand our sense of consciousness in various ways. Getting in tune with the breath can reduce anxiety and reactivity, change our emotional states, and re-energize us in moments of weariness. While this doesn't necessarily lead directly to a heightened state of phenomenal consciousness, it can be a great gateway to accessing these higher states.

### **2. Sink Into Deep Meditation**

**The term 'deep meditation' is complex, but most people would agree that sinking into deep meditation is the perfect example of experiencing higher consciousness. This term refers to deeply relaxing meditative experiences in which there is nowhere the subject would rather be and nothing they'd rather be doing.**

### **3. Cultivate Compassion**

**This is the perfect way to move beyond the self-centered attitude that tends to dominate what we call “lower consciousness”. By practicing meditation techniques, we can actively cultivate feelings of sympathy, and compassion towards others, which is a great way to give birth to new conscious experiences.**

#### **4. Practice Acceptance**

**Practicing acceptance in daily life can help you achieve a heightened state of awareness in which you’re more understanding of others and more engaged with the world around you. Accept both the positive and negative things that happen to you, and focus on what you can control, rather than what you can’t.**

#### **5. Try “Do Nothing” Meditation**

**Mindfulness meditation can be pretty difficult — how could meditation ever be effortless? “Do Nothing” meditation is a term used to describe a meditative practice that focuses on simply allowing whatever happens to happen. This can lead to some profound states of consciousness. Find out more in our article on [“Do Nothing” Meditation](#).**

#### **Gain a Deeper Understanding of Life**

**In day-to-day life, our minds will often drift between different thoughts, ideas, and states of being in an effortless way. This is why many people refer to us as having “streams of consciousness”. And that’s totally natural!**

**But it's possible to maintain that natural flow of thought while also transcending the ordinary modes of living that tend to keep hold of us.**

**Accessing higher states of mental and visual consciousness can help us become less reactive, more open-minded, and more accepting of the people and experiences we encounter. For some, seeking the right [treatment](#) such as mental health support, can be an essential part of the journey towards this elevated awareness.**

**Frequently Asked Questions:**

**What is the Science of Consciousness?**

**Learning about the science behind our conscious and unconscious brain activity can provide insight into why we behave the way we do. You can find out more about the science of consciousness in our article on [self-directed neuroplasticity](#), a form of inquiry meditation that challenges and questions the mind.**

**What is Pure Consciousness?**

**Pure consciousness is the essence of human identity. According to advocates of pure consciousness, we each have our own essential nature, regardless of how we move between each measure of consciousness.**

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# The Divided Brain: How the Left and Right Hemispheres Work Differently

**Attention** is a spectrum — it's not as simple as the binaries we're often taught when we're young. While sometimes we need to practise focused attention, in other situations, different forms of awareness are necessary. But why is this?

To answer that question, it's worth taking a look at the human brain, which inevitably shapes our conscious life in a major way. **Mindfulness meditation** practices aim to train the mind to cultivate healthy habits and styles of attention; but in order to do this, we first need to develop some basic knowledge about the brain's structure.

In order to truly understand why our minds work the way they do, we'll be exploring the concept of the divided brain, and explaining how our brain's left and right hemispheres contribute to our daily interactions, decisions, and experiences. So what do we mean by the term "The Divided Brain"?

## What is the Divided Brain?

Pretty much everyone can agree that our brains are split in two, although debates about what each side does have dominated pop culture for decades, and lots of misconceptions have arisen. Generally speaking, it's understood that the brain's right side, or right hemisphere, is more flexible, less certain, and more capable of empathy and abstraction, while the left hemisphere is more detail-oriented, literally minded, and interested in mechanisms over living things.

The concept of the divided brain gained popularity during the 1960s and 70s, but during this time, lots of falsehoods regarding the two sides of the brain were also amplified. For instance, the idea that one side was responsible for emotion while the other side was responsible for reason is incorrect; in fact, the left and right hemispheres each contain elements that relate to both.

Psychiatrist and scholar Iain McGilchrist's book *The Master and His Emissary: The Divided Brain and the Making of the Western World* provided a ground-breaking study into this subject. The text explores the brain's hemispheric differences and examines their effects on society, history, and culture, explaining how the types of attention we pay to the world dramatically impact how we perceive it. Taking advantage of a vast body of scientific research, *The Master and His Emissary* debunked the dangerous prioritization of the left brain in popular culture and nailed down the most important hemispheric differences.

Much like the human mind itself, the book is divided into two parts. Part One focuses on the job of the two brain hemispheres, and the triumph of the left hemisphere.

Part Two expands on that last point to examine the brain's impact on the evolution of culture and society, from the ancient world, through the renaissance, enlightenment, and industrial revolution periods, to the present day. McGilchrist argues that human behavior has been increasingly shaped by a focus on the left brain, which has made us blind to our errors and shortcomings, and unhealthily tied to a rational, less open mode of thinking which leads to disconnection and division. The left hemisphere is always competing for power, which can lead to imbalance — but why is that? Let's explain the wide

**range of differences between the left hemisphere and the right hemisphere of the brain.**

## **Differences between the Left Brain and the Right Brain**

**Human beings have two fundamentally opposed modes of experience, and the difference between them is rooted in the structure of the brain. When we talk about the divided brain, we're referring to the brain's left hemisphere and right hemisphere, which work together on a constant basis, but which have a few key functional differences.**

**The key distinction is the type of attention they pay to the world. The left brain yields narrow, targeted, focused attention, mainly for the purpose of fulfilling certain needs.**

**The right brain operates with a broader, more vigilant form of attention. Within this, there are various other areas of hemispheric specialization. We'll explore these various forms of attention in more detail later, but first, let's take some time to discuss each side of the brain individually.**

### **The Left Brain**

**Within the left brain, things are perceived in pieces, one by one. This mode of experiencing the world is analytical, logical, and preoccupied with categorizing and defining things. The brain's left hemisphere interprets things in a decontextualized way, identifying labels instead of context and creating a simplistic visual field that lacks realistic detail.**

**This fragmented form of attention helps us construct a practically minded map of the world. This conceptual map allows us to set goals and formulate strategies, although it can**

hinder our ability to **respond and react** to the things our brain interprets. While the left hemisphere's category-organizing, scheme-devising, and understanding of the nitty-gritty of language helps us navigate life, it doesn't allow us to fully understand human behavior and appreciate the world around us. This is where the right brain comes into play.

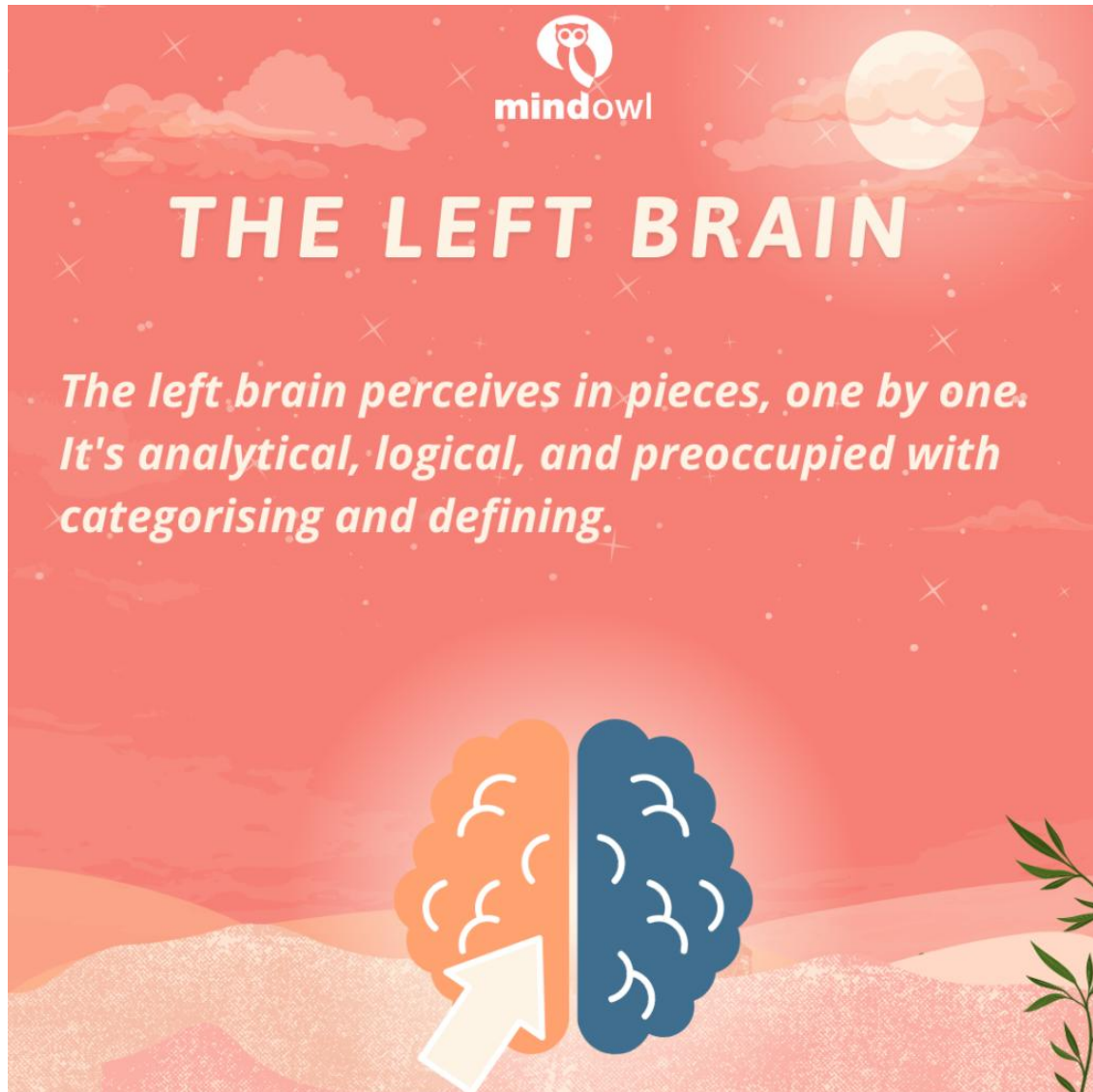
## The Right Brain

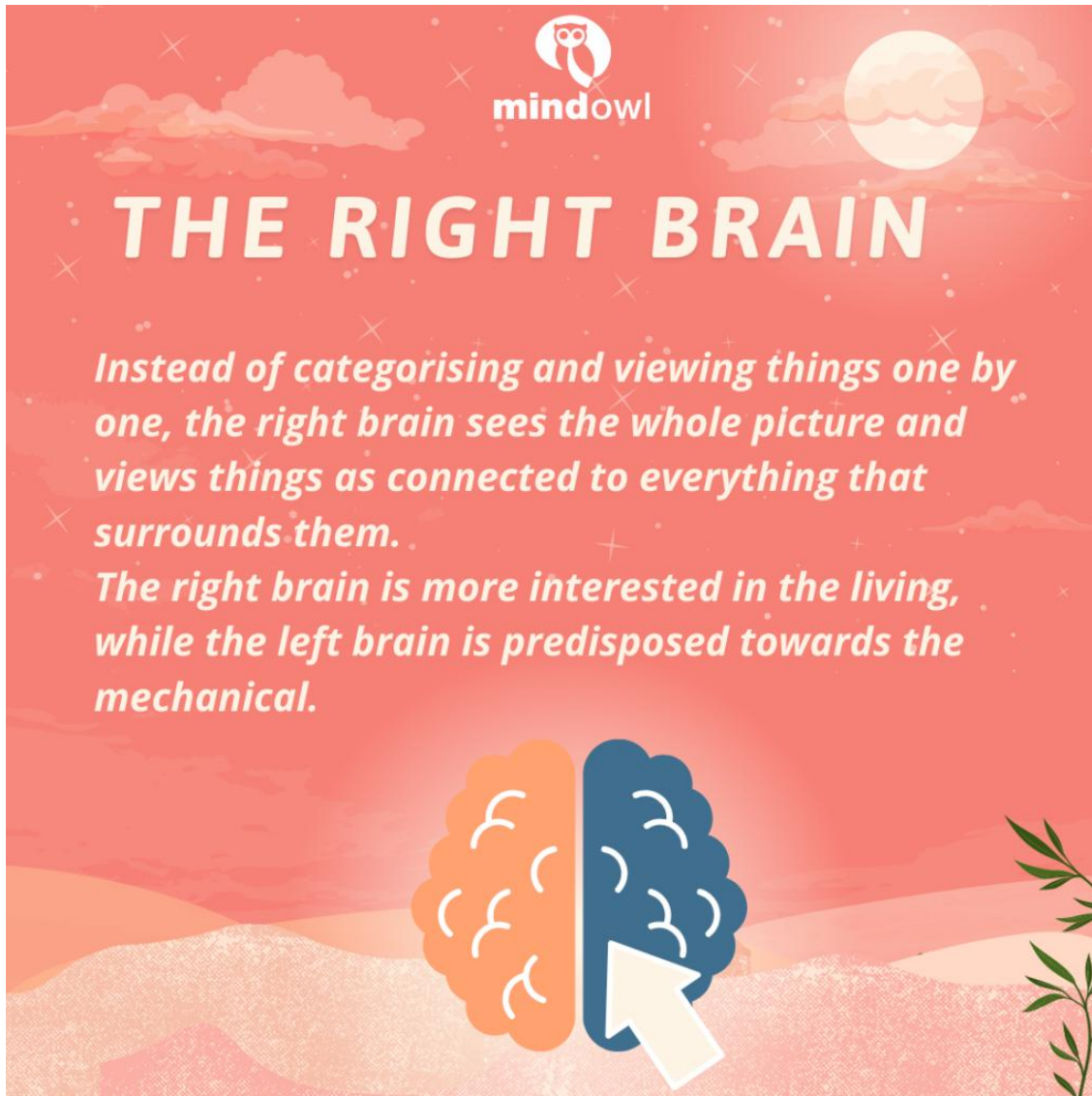
Instead of categorizing and viewing things one by one, the right brain sees the whole picture and views things as connected to everything that surrounds them. Viewing things as one means the right hemisphere of the brain can pick up on direct and indirect contextual clues, understand contradiction, and focus on discovery, connectedness, implicit meaning, body language, and emotional expression.

When it comes to human speech and language, the right brain can understand things in a broader context, working with a pragmatic and contextual understanding of meaning and intertwining the literal and non-literal aspects of language. This reflects the broader truth that the right brain is more interested in the living, while the left brain is predisposed towards the mechanical.

To experience reality in a healthy and effective way, you need both hemispheres. For example, in order to practise **mindful communication**, you need to be able to follow the mechanical processes of a conversation, while also listening closely and responding with empathy and compassion. However, despite this need for cooperation, they often actually end up in conflict, particularly when the master/emissary dynamic is disrupted; according to McGilchrist, this has caused serious problems in

modern Western society. So what does this master/emissary relationship mean?





## **The Master and the Emissary**

**Albert Einstein once said, “The intuitive mind is a sacred gift, and the rational mind is a faithful servant.” This quotation perfectly sums up the ideal relationship between the left and right cerebral hemispheres. The left hemisphere’s focus on the question “what?” makes it a great servant, but a poor master, while the right hemisphere’s preoccupation with the more context-based question “how?” allows it to be a better master. A cooperative approach makes good use of these hemispheric differences.**

**Within this metaphor, the master (the right brain) recognises the need for an emissary, or servant (the left brain) to complete certain tasks and report back. However, the emissary, knowing less than the Master, thinks he knows everything and considers himself the real Master, which leads to a failure to report back properly. While the right brain understands the need for collaboration between cerebral hemispheres, the left hemisphere is unaware of what's missing, and this can cause problems. McGilchrist argues that in the modern world, the rational mind is relied upon far too much, and a greater degree of **appreciation for the world around us** would allow us to access higher levels of empathy, compassion, and **peace of mind**.**

**It's crucial for us humans to understand both aspects of the brain and how they help us function. We need certain modes of thinking to manipulate the world, for instance in the hunt for food or shelter, but we also need to be able to harness a more contextual vision of things, so we shouldn't rely too heavily on the left brain's narrow, goal-oriented attention mode. Doing so can lead to a state of chronic unhappiness, in which we're always searching for gaps to close and tasks to complete. To cultivate real happiness, we must instead learn to practice the mindful quality of acceptance. Let's explore the science behind this theory of mind activity.**

### **The Science Behind the Divided Brain**

**The concept of the divided brain explains clearly the visible reality that the human brain, despite the fact that its function is to make connections, is split into two halves. However, what might be less obvious is that the brain is also asymmetrical — it**

is broader at the back on the left, and broader on the right of the frontal lobes, and it also slightly juts forward and backward.

The brain's shape allows humans to pay narrow attention to detail and grab hold of things we need for survival purposes, while simultaneously demonstrating **broader awareness** and keeping an eye out for everything else in our visual field. Understanding these hemispheric asymmetries is crucial to recognizing the complexity of the relationship between brain hemispheres.

While it's been known for a while that the brain is split into two parts that have very different roles, there are lots of misconceptions about our cerebral hemispheres. Many people believe that they are more left-sided or more right-sided, depending on how logical, rational, creative, imaginative, or practically minded they are. But the truth is, it's not as simple as reason vs imagination; both sides are needed in every kind of situation.

### **Paying Attention**

The key difference between the left and right hemispheres is the modes of attention they use to engage with the world. This is crucial, because attention isn't just an ordinary cognitive function; it defines how we experience the world.

While the left hemisphere is only capable of applying narrow, focused attention to an immediate task or event, the right hemisphere can see things as one and take context into account. Our **world has become overly dominated** by a mode of attention that's rooted in the left hemisphere and obsessed with completing task after task without ever being satisfied.

Adjusting our mode of attention to **a more open way of viewing the world** can have far-reaching and profound effects.

So how do we do that? And what happens when your brain is more healthily balanced?

## How Meditation Helps the Brain

Practicing meditation is one of the best ways to boost empathy, communication, attention skills, and general brain health. **Mindfulness** and meditation allow us to experience the world non-judgementally, outside of the mental map which divides it into sections, concepts, and binary categories. This can stop us from seeing things in a mechanistic, fragmented manner, instead teaching us to appreciate the uniqueness of each moment and the connectedness of everything in the world. Using a more open form of attention can allow us to be less self-centered and more pragmatic when dealing with others and managing negative emotions.

Meditation also shows us the impact of changing the stance we adopt towards the things around us or altering the type of attention we pay to them. Using different forms of attention changes the way the world is presented to us; we can utilize that to our advantage. Rather than constantly trying to manipulate our experience so it fits our desires, we can learn that a simple shift of attentional styles can help us feel more connected and fulfilled in life. A great example of this is **the art of Beginner's Mind**, which encourages us to view the world with the awe, bewilderment and fascination of a child.

There are loads of meditation practices out there which can help change our sense of perception. Accessing these kinds of

**skills on a daily basis can have a super positive impact on your life.**

### **Frequently Asked Questions:**

#### **Why are our brains divided?**

**Our cerebral hemispheres are divided in order to allow us to practice both focused attention and broader awareness at the same time. Being able to pay different types of attention in different moments is crucial to the human experience.**

#### **What's the problem with the left hemisphere?**

**The problem isn't so much with the left hemisphere, but more with the Western world's promotion of it at the expense of its opposite. Overly left hemisphere-centered thinking can make us arrogant and less inclined to listen to others, and it can also stop us from appreciating the world.**

#### **What does mindfulness do to the brain?**

**Mindfulness meditation can boost our concentration skills, ground us in the present moment, make us more patient, and help us build more compassionate and empathetic relationships.**

# What Is Higher Consciousness?

## Secrets of Deeper Levels of Awareness

Do you ever feel like there's more to life than what you're currently experiencing? Higher consciousness is a heightened state of perception that offers profound understanding and clarity.

This post will demystify the concept, explore its different levels, discuss its benefits and provide practical steps towards achieving this elevated state of awareness.

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### **Key Takeaways**

- **Higher consciousness is a heightened state of perception that offers profound understanding and clarity.**
- **There are different interpretations of higher consciousness, including philosophical perspectives, religious and spiritual beliefs, and scientific theories.**
- **The six levels of higher consciousness range from feeling like life happens to you to realizing that life is you. Each level brings a deeper understanding of reality and personal growth.**
- **Living life on a higher level of consciousness brings benefits such as increased self-awareness, enhanced compassion and joy, improved emotional well-being, deeper understanding of life, and stronger relationships.**

### **What Is Higher Consciousness?**

**Higher consciousness can be interpreted in various ways, including from philosophical perspectives, religious and spiritual beliefs, and scientific theories.**

**Different interpretations by human beings**

**People see higher consciousness in many ways. Some think it means being more aware and seeing things clearly. Others feel it shows a deeper understanding of reality. A lot of people link this idea with [spiritual growth](#).**

**People often use the term “higher self” when talking about higher consciousness.**

### **Philosophical perspectives**

**Big thinkers have a lot to say about higher consciousness. They often see it as a different way of thinking. Some philosophers talk about the “higher-order theory “. In this view, our minds are not just aware. They also know that they are aware.**

**Others use science ideas, on the two kinds of awareness. There is basic awareness, which he calls “primary consciousness”. Then there is a deeper level “secondary consciousness” or higher consciousness.**

### **Religious and spiritual beliefs**

**Many faiths talk about higher consciousness. It is a big part of spiritual growth. People may call this the “higher self “. This means a knowing, smart being that will last forever. Spiritual folks work to know more about real life’s spirit and energy.**

**Buddhist ascetics, Christian monks, and Hindu sages have their own views here. They spend a lot of time meditating for higher**

**consciousness. That way, they can gain deep understanding from universal sympathy rather than ordinary life rewards, practical tasks, or self-interests only.**

**Scientists think it best to check their own secret spiritual thoughts on these things to keep away from religious biases as they study consciousness levels.**

### **Scientific theories**

**Scientists have come up with various theories to explain consciousness. One theory suggests that conscious experiences arise from specific brain activity. This theory, known as [higher-order theories of consciousness](#), distinguishes between unconscious brain signals and conscious mental states.**

**Another theory in physics challenges the idea that neural activity alone is responsible for consciousness, suggesting that it may be more complex than we previously thought. Psychologists also propose different theories to understand the nature of consciousness, with many focusing on state consciousness.**

**Although there is ongoing research and debate in this field, these scientific theories contribute to our understanding of higher consciousness and its complexities.**

# **The Six Levels of Higher Consciousness**

**Discover the six levels of higher consciousness and unlock your full potential. From experiencing life happening to you, to realizing that life is you, these transformative stages will revolutionize your perspective.**

**Dive deeper into each level and learn how to elevate your consciousness for a more fulfilling existence. [Read More.](#)**

## **1st level: Life happens to you**

**At the first level of higher consciousness, life happens to you. You are like a passive observer, just going along with whatever comes your way. You react to external circumstances and events without much control over them.**

**Your focus is on survival and meeting basic needs for physical well-being. Personal growth and self-awareness may not be prominent at this level as you are primarily shaped by external factors rather than taking charge of your own destiny.**

**It's important to note that individuals at this level lack personal agency and control over their lives, making it difficult to experience true fulfillment and growth.**

## **2nd level: Life happens by you**

**At the second level of higher consciousness, you start to realize that life doesn't just happen to you, but that you also have a role in shaping your experiences. Instead of feeling like a victim, you understand that your **thoughts**, actions, and choices can influence the outcomes in your life.**

**It's about taking responsibility for yourself and actively participating in creating the life you want. This level emphasizes the importance of personal power and recognizing that you have control over how you respond to situations.**

**Relationships are still essential at this level, as feelings of safety, love, and protection are important for personal growth.**

## **3rd level: Life happens in you**

**At the third level of higher consciousness, life happens in you. This means that you have a deep understanding and awareness of the nature of reality. Instead of feeling like life is happening to you, you realize that it is happening within you.**

**It's a shift from being a passive participant to an active creator in your own life. You recognize that you have the power to shape your experiences and make choices that align with your values and desires.**

**This level of consciousness empowers you to move beyond feeling like a victim and take control of your own success in life.**

#### **4th level: Life happens for you**

**At the fourth level of consciousness, life happens for you. This means that instead of simply reacting to experiences, you see them as opportunities for growth and learning. You take ownership of your life and understand that you have the power to create your reality.**

**It's about finding freedom and autonomy by exploring your true identity beyond societal and parental influences. Achieving this level can bring **inner peace** and a different perspective on life.**

#### **5th level: Life happens through you**

**At the fifth level of higher consciousness, life happens through you. This means that you become aware of your purpose in the world and strive to fulfill it. You seek to understand what your soul came here to do and how you can make a positive impact on others.**

**Instead of being solely focused on your own success and immediate interests, you develop a sense of universal sympathy and compassion towards all human beings. Your actions are driven by a deep understanding that we are all interconnected and that every person's well-being is important.**

**By living life from this perspective, you experience a profound **shift** in how you relate to yourself, others, and the world around you. It brings about a deeper sense of fulfillment and joy as you develop the ability to align your actions with something greater than yourself.**

**6th level: Life is you**

**At the 6th level of higher consciousness, you come to understand that life is all about you. It's not selfishness but rather an awareness that your thoughts and beliefs shape your reality.**

**You realize that you have the power to create your own experiences and are responsible for your actions. This level also introduces the concept of karma, where you begin to see how your choices have consequences.**

**Achieving this level brings inner peace and a different perspective on life.**

## **Benefits of Living Life on a Higher Level**

**Living life on a higher level brings increased self-awareness, enhanced compassion and joy, improved emotional well-being, deeper understanding of life, and stronger relationships.**

## **Increased self-awareness**

**Living life on a higher level and gaining a deeper understanding of reality can lead to increased self-awareness. This means being more aware of your feelings, thoughts, and actions, as well as how they impact yourself and others.**

**Self-awareness is an important trait that can improve job satisfaction, relationships, personal control, and social interactions. It allows you to have a clearer understanding of who you are and what you value, leading to greater freedom in making choices that align with your true self.**

**Developing self-awareness also boosts confidence and belief in your own abilities. So, by raising your consciousness, you can experience these benefits and live a more fulfilling life.**

## **Enhanced compassion**

**When you live life on a higher level of consciousness, you will experience enhanced compassion. This means that you become more empathetic towards others as you have mastered your own emotions and can understand their struggles better.**

**Studies have shown that practicing mindfulness, and different [types of meditation](#) can help reduce stress levels, improve overall emotional well-being, and increase feelings of happiness. So, when you choose to live life on a higher level, not**

**only do you benefit personally but also those around you through the compassion that radiate from within.**

### **Improved emotional well-being**

**Living life on a higher level of consciousness has been linked to improved emotional well-being. When you cultivate awareness and mindfulness in your daily life, you can experience increased positivity and reduced stress.**

**Mindfulness practices, such as deep meditation and mindful breathing, can help reset your mind and promote mental clarity. By integrating biological, psychological, social, and spiritual methods, you can enhance your overall well-being and reach a higher level of consciousness.**

**This allows for greater emotional stability and a deeper understanding of yourself and the world around you. So, take the time to nurture your emotional well-being through mindfulness practices and enjoy the benefits that come with living life on a higher level of consciousness.**

### **Enhanced relationships**

**Higher consciousness is associated with enhanced relationships. When you live your life on a higher level of consciousness, you can experience improved relationships with others. Achieving a higher level of consciousness allows for a deeper understanding and connection with those around you.**

**It cultivates empathy and compassion, which strengthens your relationships. People who experience higher consciousness tend to communicate more openly and authentically in their relationships, leading to deeper connections and richer experiences together.**

### **Deeper understanding of life and particular self-interests**

**Deepening your understanding of life is one of the benefits that comes with higher consciousness. When you are operating at a higher level of awareness, you gain insights and perspectives that go beyond the surface.**

**You start to see the interconnectedness of everything and realize how your actions can impact others and the world around you. This deeper understanding helps you make wiser choices, navigate challenges with more grace, and find meaning in even the most ordinary moments of life.**

**It allows you to appreciate both the beauty and complexity that exist within yourself and in others, leading to greater empathy, compassion, and fulfillment. As your awareness expands, so does your capacity to live a more purposeful and meaningful existence.**

# How to Achieve Higher Consciousness

To achieve higher consciousness, practice mindful breathing, engage in deep meditation, cultivate joy and compassion towards others, practice acceptance, try **“do nothing” meditation**, embrace trust and responsibility, and incorporate **adaptogenic herbs and foods**.

## Practicing mindful breathing

Practicing mindful breathing is a simple yet powerful technique that can help you achieve higher consciousness. It involves paying attention to your breath in the present moment without judgment or attachment to thoughts or feelings.

Mindful breathing lowers stress, improve **sleep**, and increase overall well-being. You can practice mindful breathing through activities like breathwork exercises, and meditation.

By paying attention to your breath and bringing awareness to each inhale and exhale, you can expand your sense of consciousness and experience deeper levels of awareness.

## Engaging in deep meditation

Engaging in deep meditation is a powerful practice to achieve higher consciousness. Through deep meditation, you can

**upgrade key brain regions and experience various benefits like reduced stress, increased happiness, improved sleep, enhanced learning, and greater success.**

**It allows you to transcend your ordinary states of consciousness and access higher realms of awareness. Deep meditation is a personal journey that can lead to profound transformations and a deeper understanding of yourself and the nature of reality.**

### **Cultivating compassion towards others**

**Cultivating compassion towards others is an important aspect of achieving higher consciousness. When we focus on developing a genuine sense of care and empathy for others, our spiritual life deepens, leading to an increased level of awareness and understanding.**

**This means experiencing more compassion, kindness, and interconnectedness with the world around us. Choosing mindful behaviors and practicing acts of kindness are essential for overcoming suffering and transitioning from **anger** to compassion.**

**By cultivating compassion towards others, we not only enhance our own well-being but also contribute positively to the collective consciousness.**

## **Practicing acceptance**

**Practicing acceptance is a crucial aspect of achieving higher consciousness. It involves accepting things as they are. When you practice acceptance, you let go of the need to control or change everything around you.**

**Instead, you embrace and flow with life's ups and downs. Acceptance allows you to be present in the moment and fully experience whatever comes your way. It helps you let go of unwanted amplification of emotions that can hinder your journey towards higher consciousness.**

**By practicing acceptance, you open yourself up to deeper self-awareness and a greater understanding of life's mysteries.**

**Additionally, by accepting others for who they are you cultivate compassion and empathy towards them. This helps improve your relationships and creates an atmosphere of harmony in your interactions with others.**

**Practicing acceptance also requires taking responsibility for your own thoughts, choices, and behaviors. You understand that each person is on their own unique journey and has their own set of circumstances that shape their actions.**

**Remember that practicing acceptance does not mean being passive or complacent about negative situations or harmful behavior; rather, it means acknowledging reality as it is while**

**actively choosing how to respond in a way that aligns with your values and promotes growth and well-being for yourself and others.**

### **Trying “do nothing” meditation**

**When it comes to achieving higher consciousness and deeper levels of awareness, one technique that you can try is “do nothing” meditation. This type of meditation involves simply allowing your mind to be still and free from any active thoughts or actions.**

**The idea behind this practice is to let go of control and the need to constantly do something and instead embrace a state of pure being. By doing so, you may experience a sense of peace, clarity, and connection with the present moment.**

**However, it’s important to note that this type of meditation may not come naturally for everyone at first. It may take some time and practice to fully let go and allow yourself to just be without feeling restless or anxious.**

### **Embracing trust and taking responsibility of own more primitive minds**

**To achieve higher consciousness, it is important to embrace trust and responsibility. When you trust yourself and take responsibility for actions that are based on more primitive minds, you become more conscious of your behaviors.**

**Instead of simply reacting to situations, you can consciously choose responsible actions. This helps create a sense of self-awareness and empowers you to make positive choices that align with your values.**

**Embracing trust and responsibility also leads to an enhanced understanding of yourself, making it easier to understand others as well.**

### **Incorporating adaptogenic herbs and foods**

**Incorporating adaptogenic herbs and foods into your daily life can play a significant role in achieving higher consciousness and deeper levels of awareness. These adaptogens are believed to [reduce stress](#), promote cognitive function, and boost the immune system.**

**While research on adaptogenic herbs is limited, they have been traditionally used for stress relief and overall well-being. Some adaptogens are even considered nootropics, enhancing cognitive function and mental performance.**

**By embracing these natural remedies, you can take steps towards elevating your consciousness and experiencing a greater sense of self-awareness and clarity in your life.**

## **Conclusion**

**In conclusion, higher consciousness is a state of elevated awareness that allows us to have a deeper understanding of reality. It can be achieved through practices like meditation and [self-reflection](#), and it brings benefits such as increased peace and clarity in our ordinary life too.**

**Embracing higher consciousness is a lifelong journey that requires commitment and self-awareness, but the rewards are worth it for a more meaningful and fulfilling life.**

## **FAQs**

**What is the meaning of higher consciousness?**

**Higher consciousness means an elevated level of awareness where you can control life beyond self-justifying outlooks and customary anxious self-justification. This level of awareness goes beyond the ordinary life rewards, practical own egos and self-interests.**

**How can meditation help reach a higher state of consciousness?**

**Meditation for the state of higher consciousness helps human beings to move past their primitive minds, lead to impartial judgment, and develop universal perspective.**

**Can we experience moments of higher consciousness in our daily lives?**

**Yes, such moments are rare, but people striving for an appropriate response or performing important practical tasks may touch this level of conscious content.**

**Is the concept of lower consciousness related to fear?**

**Yes! Lower consciousness often links with fear and functions from misguided efforts by one's own egos that stick closely to the reptilian mind, which neuroscientists speak about.**

**Are 'oceanic experiences' part of states in reaching a state of higher consciousness?**

**Indeed! Such states like 'oceanic experience', or psychedelic experience such as DMT meditation, or free associate methods lead your mind towards a more imaginative way, thereby aiming at a higher state.**

**Does the shift from lower to higher awareness imply evolution?**

**Definitely! The shift reflects an astonishing gradual evolution; moving above narrow defined interests towards touching vulnerability with better word choices reducing unnecessary mystery that aligns with conscious level transformation.**

# **Becoming Aware - What Is Higher Consciousness?**

**On the day you ponder higher consciousness, you begin the journey of awareness of your awareness. Something within has shifted and has created a pathway of discovery for you – let the adventure begin.**

**It begins with the subtle curiosity that you are more than a physical body. You sense there is more to you than what you see, taste, smell, feel, and hear. You know the energy or vibration that is yours and that of others. You feel a sense of being part of something larger than what you knew before, and then the fire ignites. You become a seeker of wisdom, knowledge, and experiences that you can't clearly define, yet you know there is more you need to explore. You know how much you know and what little you know. You may feel fear and excitement and wonder if others may think you crazy if you try to explain this new quest.**

**Your adventure requires courage, faith, being kind, strong, humble, curious, and open as you begin understanding your heart. There is no right or wrong, and there is more than one path, as the Universe will lead the way. Our awakening to the understanding that we are energetic beings going back to source means dissolving one's self as a separate being. It refers to a growing awareness of reality, living fully from moment to moment, and understanding the connectedness to all. It understands our energy centers, the physical, etheric, emotional, mental, and spiritual bodies, and how we are energetic beings experiencing a human journey. Confused?**



**Your mind is trying to guess what will happen, but its presumptions are too limited and predicated on previous experiences in the outer world. Your emotions will be stretched beyond the normal comfort level until they can maintain universal love and revel in the ecstasy of a pure being.**

**Along this journey, you may experience the following:**

- 1. Physical body changes: Our bodies, challenged by higher energies, must adapt to these energies and shift to a higher-functioning frequency. You may feel more aches and pains than usual when you wake up. You may gain weight or feel fatigued. To integrate the new energies, it will increase to a higher-quality food like organics and more exercise to open the body to greater flexibility and flow.**
- 2. Sleep pattern changes: The need for more rest. You may wake up more during the night and dream more. Naps can**

refresh you, and you may find times when you must spend more time in bed.

- 3. Body energy sensations: unusual body sensations like pressure on top of your head, tingling on your scalp, and movements of energy inside your body. Pain, heat, cold, or energy anywhere in your body can feel like a flowing sensation or rush.**
- 4. Flashes of inspiration/creativity: These may be intense or subtler energies, including seeing inner images or colors. Your intuition may be stronger. You may have a direct understanding of something, a sense that something is right, or a sensation indicating the truth of something.**
- 5. Old emotional patterns resurface: Awakening requires cleansing and healing of the deepest unconscious emotions and mental processes. It involves healing limiting beliefs and memories at the cellular level, ancestral and past life. The Universe guides you to what needs action.**
- 6. Increased waves of emotion: feeling surges of emotions like sadness, anger, bliss, or peace for no reason. Acknowledge and stay present to the emotions without having to “do” anything about them. You are experiencing the healing and expansion of the emotional body and your emotional compass.**
- 7. Noticing outer signs: You become aware of meaning in symbols such as **animals crossing your path** or vision, shapes in the sky, number sequences, or other signs.**

- 8. Synchronicities: Your inner and outer experiences match up without any related reason. For example, you may think about an old friend you haven't seen in years, one who shows up or calls you. You may experience coincidences of events or people crossing your path to support you at the perfect time.**
- 9. Desire for freedom: having an intense desire to break free of restrictive habits which no longer serve you. Notice global events that indicate the wave of awakening, including the desire for unity, equality, and peace.**
- 10. Paradigm shift in perception: A shift in awareness in which you see a situation as if with new eyes. You have patience and understanding and allow an experience to unfold without trying to control or change it.**

**We can never know the phenomenon of awakening through our minds. They analyze and want to understand and therefore keep us separate. We can set intentions, practice meditation and spiritual techniques, and strengthen our connection to the Divine.**

**Yet, we can never make awakening happen. When we come to a place of complete surrender, then awakening happens by Divine Grace. Awakening can manifest in a flash, or we may drift in and out of periods of awakening – bliss, and peace beyond emotional reactions – over years before it becomes permanent. Then we begin a new level once again.**

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# **The Six Levels of Higher Consciousness: How to Make the Shift**

**The healing you long for comes from tuning into the Creator Consciousness. The levels of higher Consciousness come from the ability to be with what is, spiritual awareness. Your life is a journey from unconsciousness to higher spiritual consciousness.**

**Take a moment now to feel how different that is from the way you usually perceive Life: as something happening to you that needs to be controlled, fixed and changed. Imagine what it would be like to let go of the whole game of resisting Life and instead to trust it. In this trust you could then open to it, listen to it, and grow from every encounter. Life is not just a random series of events that happen because you did it right or you did it wrong. Instead, it is an intelligent unfolding that is revealing itself to you all day long, bringing you step-by-step from unconsciousness into a state of higher consciousness.**

## **The Six Levels of Consciousness**

**Your life is a journey from unconsciousness to higher consciousness. Michael Beckwith, minister of the Agape Church, describes this evolution in four phases. I have added two more, “Life happens in you” and “Life happens for you,” and call them the “Six Phases of Higher Consciousness.”**

- 1. Life happens to you.**
- 2. Life happens by you.**
- 3. Life happens in you.**
- 4. Life happens for you.**

**5. Life happens through you.**

**6. Life is you.**

**Remember that the most powerful thing you can do for your healing is to have your attention and your spiritual experience together.**

**Dip the finger of your attention into the river of your spiritual experience. Simply. Allow. Life. You have never experienced Life quite like this and never will again. This moment in your spiritual life is unique.**

### **The 1st Level of Higher Consciousness: Life Happens to You**

**For a good deal of your life, you have probably lived like most human beings, feeling that Life is happening to you. Life is so big and if you are honest with yourself, you never really know what is going to happen next. You wake up one morning and your heart is light and the next day you're unsettled. Bosses fire you; the flu debilitates you, people you love reject you, every day you get a little older and death is always lurking around the corner. So, it is understandable that the more unconscious you are, the more often you feel like a victim to Life. When you live in the belief that Life is happening to you, you often view it as a possible threat. So, you stay caught in your head, finding yourself lost in your storyteller that resists, reacts, defends and explains, hoping to figure everything out. It generally does absolutely anything except be open to Life, right here, right now.**

## **The 2nd Level of Higher Consciousness: Life Happens by You**

**When it becomes too uncomfortable to live with this much powerlessness, you evolve into the belief that Life is happening by you. Rather than being a victim to Life, you believe you can control it. There can be a great feeling of personal power at this level of consciousness. It is a necessary step in moving out of the victimhood of the first stage of higher consciousness, but people get caught there.**

**Men try to control women and vice versa. Religions try to control the masses. Countries try to control other countries. The majority of people try to control others who are not like them. Most of all, we try to control ourselves, hoping to make ourselves be what we think we should be. There is an enormous amount of effort in this phase of higher consciousness.**

**In order for anything good to happen, HIGHER CONSCIOUSNESS has to make it happen. So, it loves to set goals and feels very ashamed when it doesn't follow through (just think of New Year's resolutions!) Goals eventually evolve into good intentions. Goals are where you use your mind to try to make things be the way you want them. With intentions, you work with the feeling of what you want to generate. None of this is bad or wrong. These are important tools to use on the path of awakening and sometimes they actually work. But what would happen if you recognized that, rather than trying to make things happen, opening into Life will bring you INNER PEACE.**

**Don't see things as they are. See them as you are. Control where you believe you can control your reality says that all I have to do is think the right thoughts and I can make my life the way I want it to be. The main difficulty with this is that, in the long run, it**

**doesn't work. To think you can control Life is like being a cork in the ocean believing it can control the movement of the ocean. Yes, it does change the movement of the water right where it is, but it can't influence all the other powerful forces that make up the ocean.**

**To stay caught in this phase of higher consciousness is to be cut off from the creative flow of Life. Believing that you are in charge of Life, you are mainly identified with your conceptual world, trying to create a reality rather than showing up for reality. When you have lived this level of consciousness long enough, you see the downside of it.**

**First, you find yourself becoming fearful of your thoughts: I shouldn't be thinking this way because I will manifest this in my world. Second, when it doesn't work the way the books promise, you think this is because you haven't done it right enough or well enough.**

**Author and speaker Carolyn Myss, who used to teach that you could manifest what you want if you just think right, evolved beyond that. When she was in Seattle in the 1990s, she asked an audience of 600 to raise their hands if they had been able to create the reality they wanted. Not one person did!**

### **The 3rd Level of Higher Consciousness: Life Happens in You**

**You eventually begin to see that all of your reactions and controlling haven't brought you the life you long for. Instead of being the victim of your life and or needing to make it any particular way, which is the endless game of struggle, you begin to get an inkling that Life is something to be listened to, opened to. This is where you start evolving into the next phase of higher**

**consciousness, where Life is happening in you. At this level of consciousness, you begin to realize something very startling: most of the time, rather than experiencing Life, you think about it, seeing only the thoughts in your head! When you experience Life through your thoughts, you stop experiencing it as it is.**

**The well-known French author Anais Nin once said, “We don’t see things as they are. We see them as we are.” You project onto yourself and others rather than really seeing what it is. It is in this phase of higher consciousness that you also realize that your suffering doesn’t come from the experiences of your life. Instead, it comes from your stories about what is happening. It comes from inside of you!**

**There could be a gray day and you’re just fine. Then on another gray day you could be miserable. You may say it is because the day is gray, but it comes from your story about the day, not the day itself. This is where you begin to live what we have been calling you-turn. You become less interested in being a victim to your life or even trying to make it be any different than it is. You realize that the healing you long for comes when you turn your attention within. When you get to know the spells that are the source of your suffering, you can unhook from them and come back to Life. Do a you-turn and ask, “What is asking to be seen?” Be curious about what is here right now.**

#### **The 4th Level of Higher Consciousness: Life Happens for You**

**The more you become curious about what is happening rather than reacting and controlling, the more you come to a wonderful realization that your life is for you. Rather than Life being something that is happening to you that you must control, you realize there are no ordinary moments! And you are one step**

**further on the journey to higher consciousness. Life is not a random series of events. Life is a highly intelligent unfolding that is putting you in the exact situations you need in order to see and unhook from the spells that keep you separate from its flow.**

**No matter what is happening in your life, you finally understand that Life knows what it is doing. At this level of consciousness, rather than Life being something you have to mold and shape into what you want it to be, you begin to show up for Life exactly as it is. Yes, the flow of Life includes pain, loss and death. But resisting the pains of Life only turn them into suffering, and the suffering that comes from resistance is always much greater than directly experiencing your pain. Instead of tightening around your experiences and turning away from them, which only thickens your cloud bank of struggle, you bring your attention to your experience, whatever it is.**

**“Life is not a random series of events. It is a highly intelligent unfolding.” Even little moments of curiosity about what is going on right now sprinkled throughout your day are powerful! Every time you respond rather than react to what is going on inside of you, what was formerly bound up begins to loosen.**

**Remember, your natural state is free-flowing aliveness. When that aliveness gets trapped in bad situations, your energy dims. When bad situations receive the light of your benevolent attentiveness, they let go, and the trapped energy flows freely. Remember: Life is set up, to bring up, what has been bound up, so it needs to be freed up, so you can show up for Life!**

**Close your eyes for a few moments and open into this living moment of your life. Hear it, sense it, feel it. This is the only**

**moment that matters in your whole life for it is the only moment where Life is happening!**

## **The 5th Level of Higher Consciousness: Life Happens Through You**

**The ‘through you’ phase of higher consciousness shows you that there is no such thing as an ordinary moment in your life and helps you to see that Life is speaking to you at all moments. Becoming spiritually aware of what you are experiencing and giving it the light of benevolent attention so it can let go, you evolve into the next level of consciousness of allowing Life to move through you.**

**This is where you recognize that Life is trustable. It is not always likable, but it knows what it is doing. Imagine a life where you trust Life implicitly. Every morning you wake up with a sense of adventure. Rather than struggling with Life, you open to it, even when you are facing deep challenges. If you find yourself caught in reaction, you give your reaction the benevolent attention it needs to let go. Just as when you unkink a hose, the vibrant flow of energy that is Life can now move freely through you and this brings forth the aliveness.**

**Creativity that you could never imagine on your own becomes clear to you, blessing yourself and everyone you meet with the wisdom of Life. You experience deep gratitude for absolutely everything. You see that your life is dependent on every ounce of creativity that has ever happened in the universe. All that has happened to you, even the difficulty, has been a part of your journey back into Life. Step by step, Life is bringing you into higher consciousness, into the ability to be fully here for Life. Now you can relax and show up for the adventure**

## **The 6th Level of Higher Consciousness: Life Is You**

**The more you can stand with Life, allowing it to move through you rather than reacting to it or controlling it, the more you begin to get glimpses of the sixth level of consciousness in which you see that Life is you. You are no longer a separate being. Instead, you merge completely back into the creative flow of Life, understanding that every rock, person, cloud, molecule and ladybug—is you. You are Life! As Eckhart Tolle said, “You are not in the universe; you are the universe, an intrinsic part of it. Ultimately you are not a person, but a focal point where the universe is becoming conscious of itself. What an amazing miracle.” All is well.**

**As you look closely at the Six Phases of Higher Consciousness, you will see that the first two are about fixing, changing, resisting and trying to control Life (Life is happening to you and by you). These phases are the world of your storyteller that doesn’t want what is here (doesn’t know how to open to Life) and wants what is not here (I can have what I want if I just think right).**

**Throughout both of these levels of consciousness, there is a veil between you and the living experience of Life because neither phase is about showing up for the creative river of Life. The next two phases of higher consciousness are about using your mind to be curious about what is happening rather than resisting and controlling. In Life is happening in you, you recognize that the storyteller inside of you is what separates you from Life. So rather than trying to change anything, you become interested in what you are experiencing in any given moment. The more you are here for Life, the easy and the difficult, the good and the**

**sorrowful, the clearer it becomes that Life knows what it is doing and it is for you.**

**The final two phases of higher consciousness are all about coming home to the meadow. The more you live the truth that Life is for you, the more you relax into the flow, bringing you to the Life moving through you. As your cloud bank dissipates, you not only recognize, but you also recognize that Life is you and you are Life! “You are not in the universe; you are the universe, an intrinsic part of it.”**

**Most people live in the first two phases of higher consciousness, to you and by you, never knowing that right in the middle of these beliefs is a doorway into the last four. Life is waking you up from the contraction of the first two and into the opening of the last four. This is not only for your own healing, but for the healing of all beings, because as you see through your cloud bank of struggle, you become a healing presence in the world. There is a paradoxical truth that is important to acknowledge. Human beings are evolving from the first level of consciousness to the sixth.**

**It is also true that most days you will experience a number of these phases. It is not about getting rid of any particular phase or making one better than the other. They are all part of Life, and as you evolve, you will recognize and be able to embrace them all.**

**The Truth of Trust In order to evolve into and through the last four levels of consciousness, the tattered threads of your trust of Life need to be rewoven. You, like most people, don't trust Life! It certainly feels untrustworthy.**

**Life breaks your heart, brings illnesses to your body, and feels, at times, as though it gives you way more than you can handle. If you don't trust it, how can you show up for it, opening to all that it is offering you in every experience you have?**

**How can you allow it to bring you, step by step, from unconsciousness into higher consciousness? There is a shift of perception that will help you immensely in relearning how to trust Life, discovering that your life, rather than being something that needs to be controlled, is something that can be opened to.**

**The shift is: Life is smarter than you! Most of us are so caught in our storyteller that we live in a small world. What we pay attention to all day long is the cloud bank around our heads. We don't see what is going on.**

**As a means of opening your awareness into a more spacious perspective, consider the following big picture exploration;**

**Imagine you are sitting on the moon, looking at the beautiful blue-green jewel that is our planet. See it as a living being that has been unfolding for 4½ billion years. Look beyond it into the black, velvety depth of space that is filled with more stars than there are grains of sand on every beach of the Earth! Now bring your attention back to the Earth floating in front of you, and as you drink in its beauty, recognize that absolutely everything on this planet was created from atoms that come from the stars—and that includes you!**

**So, everything you see is made out of stardust! Now in your imagination, see the evolution of Earth as a movie. At its inception it was just a ball of gas and dust. Fast-forward the movie in your mind's eye and see land and water appearing as**

**the Earth's atmosphere forms. Then see Life beginning to come together into various rudimentary beings in the seas. Now see Life crawl out of the seas and onto the continents as a wave of green flows across the formerly barren land. Insects appear, animals emerge, and dinosaurs come and go.**

**In the evolution of Life on this planet, there was a time when there were no creatures with thumbs, so Life could not be picked up to be used and explored. Now see life evolving a few million years ago into a form that had two arms with fingers and thumbs, along with the kind of brain that was interested in picking up Life and exploring It. Life had never shown up in this way before!**

**Now we see early human beings coming together into tribes. As their frontal lobes became more complex, see them discovering language, figuring out how to use tools, cultivating the land, creating villages and towns, and then creating the wheel and ships that sail across the oceans.**

**“You are a community of 70 trillion cells that pump blood through 65,000 miles of arteries and veins”**

**Fast forward the movie again to just a few hundred years ago. See one set of your great, great, great grandparents being born, growing up, discovering one another, birthing one half of the partnership of your great, great grandparents and then disappearing back into mystery.**

**This same cycle brought forth your grandparents, your parents and then you.**

**Now see yourself appearing out of mystery at the exact place on this planet where you were born. Watch yourself evolve from a**

**baby to a young child, to a teenager and then into an adult. As you are watching the movie of your life, bring it to this hour of your day, when you eventually came to the moment where you are reading this article.**

**Realize that all of the millions of moments of your life have unfolded to this moment and this moment is the leading edge of the wave of evolution on this planet. Open to the knowing that this moment is no ordinary moment. Right here, right now, you are being given a very rare gift: the phenomenal gift of Life.**

**For a short slice of time, you get to be here, and then you too will dissolve back into mystery and Life will continue to unfold.**

**Pause for a moment and contemplate all of the creativity that has gone before you that allows you and everything around you to exist. This simple act of contemplation can shift you into a state of higher consciousness.**

**This movie about the unfolding of Life on this planet that we just explored is your story. You are a being who is an expression of 4½ billion years of Life evolving on this planet. You exist in this body because of the vast creativity that has gone before you. Let's take your eyes for example. The first ancestors of your eyes came from polyps on the oceans floors that created cells that were able to differentiate light and dark. In between that first rudimentary step into seeing and your ability to see are vast amounts of creativity that allow you to see this article! And it is not just your eyes that are dependent on the entire ingenuity of Life.**

**Your whole life, like everybody else's, is dependent on every single act of creativity that has ever happened on this planet. It**

**is amazing to recognize the creativity that enabled Life to take stardust and make this planet and everything on it, including you. It is even more astounding to see that as you sit here reading this, you are a community of 70 trillion cells that pump blood through 65,000 miles of arteries and veins, send messages along your nerves at the speed of light, regulate hormones, repair cells and digest food without a single thought from you.**

**If you doubt that there is an amazing Intelligence that permeates and penetrates all of Life, just acknowledge what is happening in your body right now. Because you don't recognize Cosmic Intelligence and Cosmic Laws at the heart of Life, you believe you are separate from it. Believing you are separate from it, you buy into the illusion that you must control it. As soon as you believe you must control it, you become cut off from it, losing sight of the choice of being open to Life.**

**This perspective keeps you from living in a place of higher consciousness. You actually trust Life a lot. You trust it enough to beat your heart and breathe your breath. But you think that the Intelligence at the heart of Life has nothing to do with your daily life. You, like most people, bought into the arrogance of the human ego that says that it is in charge. Because of this belief in separation, you think your life is just a random series of events that you must mold and shape into what you think they should be.**

**What would happen if this was not so? What would your life look like if you understood that the same Intelligence that keeps the planets spinning, heals the cuts on your skin, and brings spring forth out of winter is with you every step of the way? Can you open to the possibility that this creative Intelligence is weaving your life out of the primal opposites of dark and light and it is**

**giving you exactly what you need in order to evolve from unconsciousness into a phase of higher consciousness?**

**What would it be like if you understood that the same awesome force of evolution that created this planet and brought Life out of the sea and onto land is working its will in your life? To get even an inkling of what we are exploring here will allow you to let go of that grip of control enough that you can begin have faith in the universe entrusting your life. The more you trust it, the more you will show up for it, and the more you show up for it, the more you will see that Life is wiser than you and is bringing you the exact set of experiences you need in order to have benevolent spiritual apotheosis.**

**Lift your eyes and recognize that in the vastness of all time; this moment will never be repeated, and you have the privilege to bear witness to it. What It Looks Like to Trust Life When you realize that Life is smarter than you. Life becomes very interesting. Rather than being lost, you realize something very extraordinary is happening here: there are no ordinary moments in your life!**

**You become much more alert to what is happening, both outside and inside of you. If one's life is like an iceberg, most people just pay attention to the part above the water while what is really going on is happening underneath the "water level" of their everyday awareness. "You realize something very extraordinary is happening here: there are no ordinary moments in your life" It is true that you are driving, working, showering, cooking, arguing, making love, raising children, birthing and dying. But underneath it all is the unfolding of intelligent evolution, and you are a part of that.**

**You are evolving from an unconscious human being into a conscious one. This is happening in every experience of your life. It supports your shift from being asleep to being awake.**

**Just as Life assists a tree in creating fruit by sustaining it with sun, rain, bees and the nourishment of the Earth, it is giving you exactly what you need in order to know the fruit of a conscious human being, which is the ability to be awake to Life. You begin to let go of the belief that your suffering is caused by something outside of you: other people, your job, the shape of your body, the type of health you have, the kind of past you have. You begin to see that your suffering comes from inside of you. Yes, there are difficult things that happen in your life, but when you don't get lost in your stories about them, you respond to the situation, gathering the gifts that are always embedded in the challenges of your life.**

**This is the gift of higher consciousness, you see that life is conspiring in your favor as you awaken into higher levels of consciousness. You have a deeper sense of allowing Life to put you in the exact situations you need in order to be brought to the surface of your awareness. It is there that you can watch them in action, this purification process, you begin to welcome it as longing to be fully awake to Life. Feel the essence of your unfolding higher consciousness. Did you know meditation can help to attain high consciousness.**

**Whether it is an illness, pain, a difficult neighbor, a compulsion, a financial crisis or any other challenging situation in your life, it can be initially threatening to take responsibility (the ability to respond) for your own experience. Old reactions can be very strong.**

**You see that each situation is gently nudging you to expand into even higher levels of consciousness. All of the clarity, and aliveness have always been with you. This is where you truly begin to trust Life. You know that difficult situations aren't for you. You see that just as the body cleanses itself of foreign viruses and bacteria, your being will cleanse itself of bad situations. The more Life puts you in those situations, they can be touched enough with the light of your consciousness to do no harm to you.**

**Thus, you are no longer the victim of your life. Even feelings like aloneness, or unending sadness that seem so deep and real when you are dealing with them become something with no power to harm you. They no longer have the power over you they used to have, and the energy that was bound up in them is released. It is important to remember this as you are bringing higher consciousness into your daily life.**

**All of the clarity and aliveness you long for have always been with you. You just haven't seen it because adversity has grabbed hold of your attention. The more you allow a Life of Faith to guide you in adverse situations, the more you will be able to recognize and live from the benevolence of your inner spiritual being.**

# What Higher Consciousness Really Means, How We Attain It, and What It Does for the Human Spirit

*“[Leonardo da Vinci’s] unique brain wiring ... allowed him the opportunity to experience the world from the vantage point of a higher dimension,”* Leonard Shlain wrote in his [stimulating inquiry into the source of Leonardo’s genius](#). But what is “higher consciousness,” really, and can it be unmoored from the baggage of spiritualism and superstition to enrich our secular understanding of what it means to be human?

As human beings, we spend most of our lives functioning in states of lower consciousness, where what we are principally concerned with is ourselves, our survival and our own success, narrowly defined.

Ordinary life rewards practical, unintrospective, self-justifying outlooks that are the hallmarks of what we could call “lower” consciousness. Neuroscientists speak of a “lower” part of the brain they term the reptilian mind and tell us that under its sway, we strike back when we’re hit, blame others, quell any stray questions that lack immediate relevance, fail to free-associate, and stick closely to a flattering image of who we are and where we are heading. However, at rare moments, when there are no threats or demands upon us, perhaps late at night or early in the morning, when our bodies and passions are comfortable and quiescent, we have the privilege of being able to access the higher mind — what neuroscientists call our neocortex, the seat of imagination, empathy and impartial judgement. We loosen

**our hold on our own egos and ascend to a less biased and more universal perspective, casting off a little of the customary anxious self-justification and brittle pride.**

**In such states, the mind moves beyond its particular self-interests and cravings. We start to think of other people in a more imaginative way. Rather than criticize and attack, we are free to imagine that their behavior is driven by pressures derived from their own more primitive minds, which they are generally in no position to tell us about. Their temper or viciousness are, we now see, symptoms of hurt rather than of “evil.”**

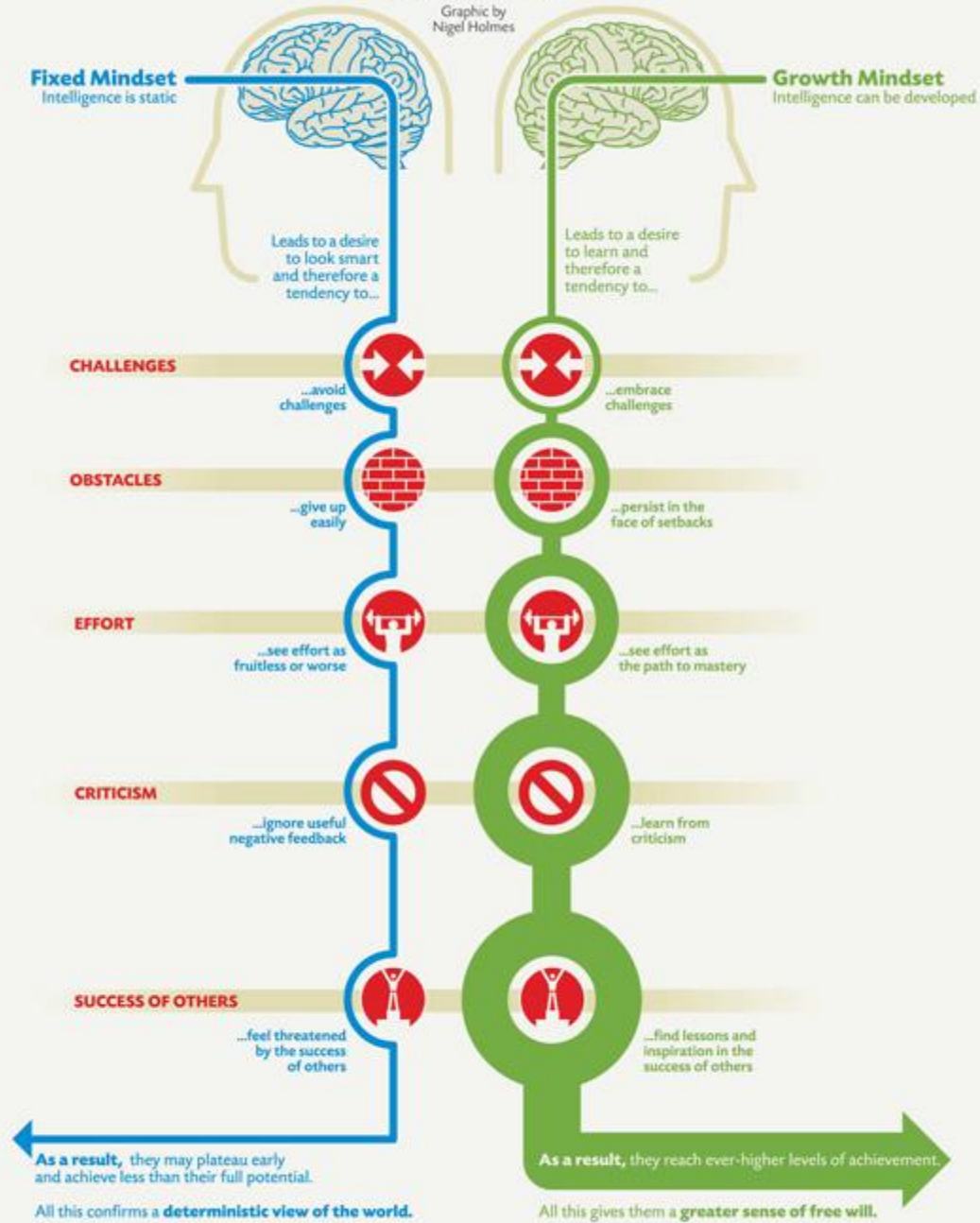
**It’s an astonishing gradual evolution to develop the ability to explain others’ actions by their distress, rather than simply in terms of how it affects us. We perceive that the appropriate response to humanity is not fear, cynicism or aggression, but always — when we can manage it — love. At such moments, the world reveals itself as quite different: a place of suffering and misguided effort, full of people striving to be heard and lashing out against others. The fitting response is universal sympathy and kindness.**

**States of higher consciousness are, of course, desperately short lived. We shouldn’t in any case aspire to make them permanent, because they don’t sit so well with the many important practical tasks we all need to attend to. But we should make the most of them when they arise, and harvest their insights for the time when we require them most. Higher consciousness is a huge triumph over the primitive mind which cannot envisage any such possibilities. Ideally, we would be a little more alive to the advantages of this higher mind and strive to make our oceanic experiences somewhat less random and less clothed in unnecessary mystery.**

# TWO MINDSETS

CAROL S. DWECK, Ph.D.

Graphic by Nigel Holmes



## Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives

***“If you imagine less, less will be what you undoubtedly deserve,”*** Debbie Millman counseled in **one of the best commencement speeches ever given**, urging: ***“Do what you love, and don’t stop until you get what you love. Work as hard as you can, imagine immensities...”*** Far from Pollyanna platitude, this advice actually reflects what modern psychology knows about how belief systems about our own abilities and potential fuel our behavior and predict our success.

Much of that understanding stems from the work of Stanford psychologist Carol Dweck, synthesized in her remarkably insightful ***Mindset: The New Psychology of Success*** — an inquiry into the power of our beliefs, both conscious and unconscious, and how changing even the simplest of them can have profound impact on nearly every aspect of our lives.

One of the most basic beliefs we carry about ourselves, Dweck found in her research, has to do with how we view and inhabit what we consider to be our personality. A “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way, and success is the affirmation of that inherent intelligence, an assessment of how those givens measure up against an equally fixed standard; striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled. A “growth mindset,” on the other hand, thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our

existing abilities. Out of these two mindsets, which we manifest from a very early age, springs a great deal of our behavior, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

The consequences of believing that intelligence and personality can be developed rather than being immutably engrained traits, Dweck found in her two decades of research with both children and adults, are remarkable. She writes:

For twenty years, my research has shown that *the view you adopt for yourself* profoundly affects the way you lead your life. It can determine whether you become the person you want to be and whether you accomplish the things you value. How does this happen? How can a simple belief have the power to transform your psychology and, as a result, your life?

Believing that your qualities are carved in stone — *the fixed mindset* — creates an urgency to prove yourself over and over. If you have only a certain amount of intelligence, a certain personality, and a certain moral character — well, then you'd better prove that you have a healthy dose of them. It simply wouldn't do to look or feel deficient in these most basic characteristics.

I've seen so many people with this one consuming goal of proving themselves — in the classroom, in their careers, and in their relationships. Every situation calls for confirmation of their intelligence, personality, or character. Every situation is evaluated: *Will I succeed or fail? Will I look smart or dumb? Will I be accepted or rejected? Will I feel like a winner or a loser? . . .*

There's another mindset in which these traits are not simply a hand you're dealt with and have to live with, always trying to convince yourself and others that you have a royal flush when you're secretly worried it's a pair of tens. In this mindset, the hand you're dealt with is just the starting point for development. This *growth mindset* is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way — in their initial talents and aptitudes, interests, or temperaments — everyone can change and grow through application and experience.

Do people with this mindset believe that anyone can be anything, that anyone with proper motivation or education can become Einstein or Beethoven? No, but they believe that a person's true potential is unknown (and unknowable); that it's impossible to foresee what can be accomplished with years of passion, toil, and training.

At the heart of what makes the “growth mindset” so winsome, Dweck found, is that it creates a passion for learning rather than a hunger for approval. Its hallmark is the conviction that human qualities like intelligence and creativity, and even relational capacities like love and friendship, can be cultivated through effort and **deliberate practice**. Not only are people with this mindset not discouraged by failure, but they don't actually see themselves as failing in those situations — they see themselves as learning. Dweck writes:

Why waste time proving over and over how great you are, when you could be getting better? Why hide deficiencies instead of overcoming them? Why look for friends or partners who will just shore up your self-esteem instead of ones who will also

**challenge you to grow? And why seek out the tried and true, instead of experiences that will stretch you? The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.**

**This idea, of course, isn't new — if anything, it's the fodder of self-help books and vacant “You can do anything!” platitudes. What makes Dweck's work different, however, is that it is rooted in rigorous research on how the mind — especially the developing mind — works, identifying not only the core drivers of those mindsets but also how they can be reprogrammed.**

**Dweck and her team found that people with the fixed mindset see risk and effort as potential giveaways of their inadequacies, revealing that they come up short in some way. But the relationship between mindset and effort is a two-way street:**

**It's not just that some people happen to recognize the value of challenging themselves and the importance of effort. Our research has shown that this comes directly from the growth mindset. When we teach people the growth mindset, with its focus on development, these ideas about challenge and effort follow. As you begin to understand the fixed and growth mindsets, you will see exactly how one thing leads to another— how a belief that your qualities are carved in stone leads to a host of thoughts and actions, and how a belief that your qualities can be cultivated leads to a host of different thoughts and actions, taking you down an entirely different road.**

**The mindsets change what people strive for and what they see as success. . . they change the definition, significance, and impact of failure. . . they change the deepest meaning of effort.**

**Dweck cites a poll of 143 creativity researchers, who concurred that the number one trait underpinning creative achievement is precisely the kind of resilience and fail-forward perseverance attributed to the growth mindset. She writes:**

**When you enter a mindset, you enter a new world. In one world — the world of fixed traits — success is about proving you're smart or talented. Validating yourself. In the other hand, the world of changing qualities — it's about stretching yourself to learn something new. Developing yourself.**

**In one world, failure is about having a setback. Getting a bad grade. Losing a tournament. Getting fired. Getting rejected. It means you're not smart or talented. In the other world, failure is about not growing. Not reaching for the things you value. It means you're not fulfilling your potential. In one world, effort is a bad thing. It, like failure, means you're not smart or talented. If you were, you wouldn't need effort. In the other world, effort is what *makes* you smart or talented.**

**But her most remarkable research, which has informed present theories of [why presence is more important than praise](#) in teaching children to cultivate a healthy relationship with achievement, explores how these mindsets are born — they form, it turns out, very early in life. In one seminal study, Dweck and her colleagues offered four-year-olds a choice: They could either redo an easy jigsaw puzzle or try a harder one. Even these young children conformed to the characteristics of one of the**

two mindsets — those with “fixed” mentality stayed on the safe side, choosing the easier puzzles that would affirm their existing ability, articulating to the researchers their belief that smart kids don’t make mistakes; those with the “growth” mindset thought it an odd choice to begin with, perplexed why anyone would want to do the same puzzle over and over if they aren’t learning anything new. In other words, the fixed-mindset kids wanted to make sure they succeeded in order to seem smart, whereas the growth-mindset ones wanted to stretch themselves, for their definition of success was about *becoming* smarter. Dweck quotes one seventh-grade girl, who captured the difference beautifully:

I think intelligence is something you have to work for ... it isn’t just given to you.... Most kids, if they’re not sure of an answer, will not raise their hand to answer the question. But what I usually do is raise my hand, because if I’m wrong, then my mistake will be corrected. Or I will raise my hand and say, ‘How would this be solved?’ or ‘I don’t get this. Can you help me?’ Just by doing that I’m increasing my intelligence.

Things got even more interesting when Dweck brought people into Columbia’s brainwave lab to study how their brains behaved as they answered difficult questions and received feedback. What she found was that those with a fixed mindset were only interested in hearing feedback that reflected directly on their present ability but tuned out information that could help them learn and improve. They even showed no interest in hearing the right answer when they had gotten a question wrong, because they had already filed it away in the failure category.

**Those with a growth mindset, on the other hand, were keenly attentive to information that could help them expand their existing knowledge and skill, regardless of whether they'd gotten the question right or wrong, their priority was learning, not the binary trap of success and failure.**

**These findings are especially important in education and how we, as a culture, assess intelligence. In another study of hundreds of students, mostly adolescents, Dweck and her colleagues each gave ten fairly challenging problems from a nonverbal IQ test, then praised the student for his or her performance — most had done pretty well. But they offered two types of praise: Some students were told “Wow, you got [X many] right. That’s a really good score. You must be smart at this,” while others, “Wow, you got [X many] right. That’s a really good score. You must have worked really hard.” In other words, some were praised for ability and others for effort. The findings, at this point, are unsurprising yet jarring:**

**The ability praise pushed students right into the fixed mindset, and they showed all the signs of it, too: When we gave them a choice, they rejected a challenging new task that they could learn from. They didn’t want to do anything that could expose their flaws and call into question their talent.**

**In contrast, when students were praised for effort, 90 percent wanted the challenging new task that they could learn from.**

**The most interesting part, however, is what happened next: Dweck and her colleagues gave the students a subsequent set of hard problems, on which the students didn’t do so well.**

**Suddenly, the ability-praised kids thought they weren't so smart or gifted after all. Dweck puts it poignantly:**

**If success had meant they were intelligent, then less-than-success meant they were deficient.**

**But for the effort-praised kids, the difficulty was simply an indication that they had to put in more effort, not a sign of failure or a reflection of their poor intellect. Perhaps most importantly, the two mindsets also impacted the kids' level of enjoyment — everyone enjoyed the first round of easier questions, which most kids got right, but as soon as the questions got more challenging, the ability-praised kids no longer had any fun, while the effort-praised ones not only still enjoyed the problems but even said that the more challenging, the more fun. The latter also had significant improvements in their performance as the problems got harder, while the former kept getting worse and worse, as if discouraged by their own success-or-failure mindset.**

**It gets better — or worse, depending on how we look at it: The most unsettling finding came after the IQ questions were completed, when the researchers asked the kids to write private letters to their peers relaying the experience, including a space for reporting their scores on the problems. To Dweck's devastation, the most toxic byproduct of the fixed mindset turned out to be dishonest: Forty percent of the ability-praised kids lied about their scores, inflating them to look more successful. She laments: In the fixed mindset, imperfections are shameful — especially if you're talented — so they lied them**

**away. What’s so alarming is that we took ordinary children and made them into liars, simply by telling them they were smart.**

**This illustrates the key difference between the two mindsets — for those with a growth one, “personal success is when you work your hardest to become your best,” whereas for those with a fixed one, “success is about establishing their superiority, pure and simple. Being that somebody who is worthier than the nobodies.” For the latter, setbacks are a sentence and a label. For the former, they’re motivating, informative input — a wakeup call.**

**But one of the most profound applications of this insight has to do not with business or education but with love. Dweck found that people exhibited the same dichotomy of dispositions in their personal relationships: Those with a fixed mindset believed their ideal mate would put them on a pedestal and make them feel perfect, like “the god of a one-person religion,” whereas those with the growth mindset preferred a partner who would recognize their faults and lovingly help improve them, someone who would encourage them to learn new things and become a better person. The fixed mindset, it turns out, is at the root of many of our most toxic cultural myths about “true love.” Dweck writes:**

**The growth mindset says all of these things can be developed. All — you, your partner, and the relationship — are capable of growth and change.**

**In the fixed mindset, the ideal is instant, perfect, and perpetual compatibility. Like it was meant to be. Like riding off into the sunset. Like “they lived happily ever after.”**

**One problem is that people with a fixed mindset expect everything good to happen automatically. It’s not that the partners will work to help each other solve their problems or gain skills.**

**This also applies to the myth of mind-reading, where the fixed mindset believes that an ideal couple should be able to read each other’s minds and finish each other’s sentences. She cites a study that invited people to talk about their relationships:**

**Those with the fixed mindset felt threatened and hostile after talking about even minor discrepancies in how they and their partner saw their relationship. Even a minor discrepancy threatened their belief that they shared all of each other’s views.**

**But the most destructive of all relationship myths is the belief that if it requires work, something is terribly wrong and that any discrepancy of opinions or preferences is indicative of character flaws on behalf of one’s partner. Dweck offers a reality check:**

**Just as there are no great achievements without setbacks, there are no great relationships without conflicts and problems along the way.**

**When people with a fixed mindset talk about their conflicts, they assign blame. Sometimes they blame themselves, but often they blame their partner. And they assign blame to a *trait* — a character flaw.**

**But it doesn't end there. When people blame their partner's personality for the problem, they feel anger and disgust toward them.**

**And it barrels on: Since the problem comes from fixed traits, it can't be solved. So once people with a fixed mindset see flaws in their partners, they become contemptuous of them and dissatisfied with the whole relationship.**

**Those with a growth mindset, on the other hand, can acknowledge their partners' imperfections, without assigning blame, and still feel that they have a fulfilling relationship. They see conflicts as problems of communication, not of personality or character. This dynamic holds true as much in romantic partnerships as in friendship and even in people's relationships with their parents. Dweck summarizes her findings:**

**What it all comes down to is that a mindset is an interpretative process that tells us what is going on around us. In the fixed mindset, that process is scored by an internal monologue of constant judging and evaluation, using every piece of information as evidence either for or against such assessments as whether you're a good person, or whether you are better than the person next to you. In a growth mindset, on the other hand, the internal monologue is not one of judgment but one of voracious appetite for learning, constantly seeking out the kind of input that you can metabolize into learning and constructive action. These fundamental mindsets form, what their defining characteristics are in different contexts of life, and how we can rewire our cognitive habits to adopt the much more fruitful and nourishing growth mindset.**



**12 Little Known  
Laws Of Karma  
(That will change  
your life)**

# 12 Little Known Laws of Karma (That Will Change your Life)

What is [Karma](#)? Karma is the Sanskrit word for action. It is equivalent to Newton's law of "every action must have a reaction". When we think, speak or act we initiate a force that will react accordingly. This returning force may be modified, changed or suspended, but most people will not be able to eradicate it.

This law of cause and effect is not punishment, but is wholly for the sake of [education](#) or learning.

A person may not escape the consequences of his actions, but he will suffer only if he himself has made the conditions ripe for his suffering. Ignorance of the law is no excuse whether the laws are man-made or universal.

To stop being afraid and to start being empowered in the worlds of karma and [reincarnation](#), here is what you need to know about karmic laws.

## 1. The Great Law

- "As you sow, so shall you reap." This is also known as the "Law of Cause and Effect."
- If what we want is happiness, peace, love, and friendship, then we should BE happy, peaceful, loving and a true friend.
- Whatever we put out in the Universe is what comes back to us.

## 2. The Law of Creation

- Life doesn't just happen. It requires our participation.
- We are one with the [Universe](#), both inside and out.
- Whatever surrounds us gives us clues to our inner state.
- Be yourself and surround yourself with what you want to have in your life.

### 3. The Law of Humility

- You can't change something if you refuse to accept it.
- If what we see is an enemy, or someone with a character trait that we find to be **negative**, then we ourselves are not focused on a higher level of existence.

### 4. The Law of Growth

- "Wherever you go, there you are."☒
- For us to grow in **Spirit**, it is we who must change, and not the people, places or things around us.
- The only given we have in our lives is ourselves, and that is the only factor we have control over.
- When we change who and what we are within our hearts, our lives follow suit and change too.

### 5. The Law of Responsibility

- Whenever there is something wrong in my life, there is something wrong in me.
- We mirror what surrounds us, and what surrounds us mirrors us; this is a **Universal Truth**.
- We must take responsibility for what is in our life.

### 6. The Law of Connection

- Even if something we do seems inconsequential, it is very important that it gets done as everything in the Universe is connected.
- Each step leads to the next step, and so forth and so on.
- Someone must do the initial work to get a job done.
- Neither the first step nor the last are of greater significance, as they were both needed to accomplish the task.
- Past, Present and Future are all connected.

### 7. The Law of Focus

- You cannot think of two things at the same time.
- Because of this, when our focus is on Spiritual Values, it is impossible for us to have lower thoughts such as greed or anger.

## 8. The Law of Giving and Hospitality

- If you believe something to be true, then sometime in your life you will be called upon to demonstrate that particular truth.
- Here is where we put what we CLAIM that we have learned into actual PRACTICE.

## 9. The Law of Here and Now

- Looking backward to examine what was or forward to worry about the future prevents us from being totally in the here and now.
- Old thoughts, old patterns of behavior, and old dreams prevent us from having new ones.

## 10. The Law of Change

- [History](#) repeats itself until we learn the lessons that we need to change our path.

## 11. The Law of Patience and Reward

- All rewards require initial toil.
- Rewards of lasting value require patient and persistent toil.
- True joy comes from doing what we're suppose to be doing, and knowing that the reward will come in its own time.

## 12. The Law of Significance and Inspiration

- You get back from something whatever you have put into it.
- The true value of something is a direct result of the energy and intent that is put into it.
- Every personal contribution is also a contribution to the Whole.
- Lackluster contributions have no impact on the Whole, nor do they work to diminish it.
- Loving contributions bring life to, and inspire, the Whole.

# How Many of These 51 Spiritual Awakening Symptoms Do YOU Have?

## **1. Changing sleep patterns: restlessness, hot feet, waking up two or three times a night.**

Feeling tired after you wake up and sleepy off and on during the day. There is something called the Triad Sleep Pattern that occurs for many: you sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again. For others, the sleep requirements have changed. You can get by on less sleep. Lately I have been experiencing huge waves of energy running into my body from the crown. It feels good, but it keeps me awake for a long time, then subsides. Advice: Get used to it. Make peace with it and don't worry about getting enough sleep (which often causes more insomnia). You will be able to make it through the day if you hold thoughts of getting just what you need. You can also request your Higher Self to give you a break now and then and give you a good, deep night's sleep. If you can't go back to sleep right away, use the waking moments to meditate, read poetry, write in your journal or look at the moon. Your body will adjust to the new pattern.

## **2. Activity at the crown of the head:**

Tingling, itching, prickly, crawling sensations along the scalp and/or down the spine.

A sense of energy vibrating on top of the head, as if energy is erupting from the head in a shower. Also, the sensation of energy pouring in through the crown, described as "sprinkles". This may also be experienced as pressure on the crown, as if someone is pushing his/her finger into the center of your head. As I mentioned in #1, I have been experiencing huge downloads of energy through the crown. In the past, I have felt more generalized pressure, as if my head is in a gentle vise. One man related that his hair stood on end and his body was covered with goosebumps.

**Advice:** This is nothing to be alarmed about. What you are experiencing is an opening of the crown chakra. The sensations mean that you are opening up to receive divine energy.

### **3. Sudden waves of emotion.**

Crying at the drop of a hat. Feeling suddenly angry or sad with little provocation. Or inexplicably depressed. Then happy. Emotional roller coaster. There is often a pressure or sense of emotions congested in the heart chakra (the middle of the chest). This is not to be confused with the heart, which is located to the left of the heart chakra.

**Advice:** Accept your feelings as they come up and let them go. Go directly to your heart chakra and feel the emotion. Expand it outward to your all your fields and breathe deeply from the belly all the way up to your upper chest. Just feel the feeling and let it evaporate on its own. Don't direct emotions at anyone. You are cleaning out your past. If you want some help with this, say out loud that you intend to release all these old issues and ask your Higher Power to help you. You can also ask Grace Elohim to help you release with ease and gentleness. Be grateful that your body is releasing these emotions and not holding onto them inside where they can do harm. One source suggests that depression is linked to letting go of relationships to people, work, etc. that no longer match us and our frequencies. When we feel guilty about letting go of these relationships, depression helps us medicate that pain.

Completion issues. Or perhaps you need to work through issues of self-worth, abundance, creativity, addictions, etc. The resources or people you need to help you move through these issues start to appear.

**Advice:** Same as #3. Additionally, don't get too involved in analyzing these issues. Examining them too much will simply cycle you back through them over and over again at deeper and deeper levels. Get professional help if you need to and walk through it. Do not try to avoid them or disassociate yourself from them. Embrace whatever comes up and thank it for helping you move ahead. Thank your Higher

Power for giving you the opportunity to release these issues.  
Remember, you don't want these issues to stay stuck in your body.

## **5. Changes in weight.**

The weight gain in the US population is phenomenal. Other people may be losing weight. We often gain weight because many fears we have suppressed are now coming up to the surface to be healed. We react by building up a defense. We also attempt to ground ourselves or provide bulk against increasing frequencies in our bodies.

**Advice:** Don't freak out but just accept it as a symptom of where you are right now. You will release/gain weight when all your fears have been integrated. Release your anxiety about this. Then you might find it easier to lose/gain weight eventually. Exercise. Before eating, try this: Sit at the table with an attractive place setting. Light a candle. Enjoy how the food looks. Place your dominant hand over your heart and bless the food. Tell your body that you are going to use the food to richly nourish it, but that you are not going to use the food to fulfill your emotional hunger. Then pass your hand from left to right over the food and bless it. You may notice that the food feels warm to your hand even if the food is cold, "I like to think that the food is good for me when it feels warm and nourishing to my hand. I have also noticed that when I practice blessing the food, I don't eat as much. It is important not to let yourself off the hook when you forget to bless the food before you eat. If I've forgotten and I've nearly finished eating, I bless the food anyway. That way I don't slip out of the habit. Another thing you can do is to stay present while eating "" don't watch TV or read. Heartily enjoy what blessings are before you.

## **6. Changes in eating habits: Strange cravings and odd food choices.**

Some find they are not as hungry as they used to be. Or hungrier.

**Advice:** Don't deny what your body tells you it needs. If you are not sure, you might try muscle testing before you chose food to see if it's what your body wants. Also try blessing the food as described in #5.

## 7. Food intolerances, allergies you never had before.

As you grow more spiritual, you are more sensitive to everything around you. Your body will tell you what it can no longer tolerate, as if it, too, is sloughing off what doesn't serve it anymore. You might be cleansing yourself of toxins. Some people find they often have a white residue in their mouth, much like that of runners at the end of a race.

**Advice:** An acupuncturist told me that this film can be removed by sloshing 2 tablespoons of cold-pressed olive oil in your mouth for 10-15 minutes (don't swallow, whatever you do), then spitting it out into the toilet, not the sink, for you just removed toxins from your body and don't want them in the sink. Brush your teeth and do the same. Then clean your brush. (Sorry, this is yukky, but it works.)

## 8. Amplification of the senses.

Increased sensitivity.

**8a. Sight:** Blurry vision, shimmering objects, seeing glittery particles, auras around people, plants, animals, and objects. Some report seeing formerly opaque objects as transparent. When you close your eyes, you no longer see darkness, but redness. You may also see geometric shapes or brilliant colors and pictures when your eyes are closed. Colors appear more vivid "" the sky might look teal or the grass an amazing green. Often, I see grids running across the ground. As you become more sensitive, you may see shapes or outlines in the air, especially when the room is almost dark. When your eyes are open or closed, you may see white shapes in your peripheral vision (these are your guides).

**Advice:** Your vision is changing in many ways "you are experiencing new ways of seeing. Be patient. Whatever you do, do not be afraid. Hazy vision may be relieved by yawning.

**8b. Hearing:** Increased or decreased hearing. I once thought I would have to pull off the road because of the painfully amplified sound of my tires on the freeway. Other symptoms are hearing white noise in

the head, beeps, tones, music or electronic patterns. Some hear water rushing, bees buzzing, whooshing, roaring or ringing. Others have what is called audio dyslexia"“you can't always make out what people are saying, as if you can no longer translate your own language. Some hear strange voices in their dreams, as if someone is hovering near them. You can either ask the presence(s) to leave or ask Archangel Michael to take care of the situation. Again, there is nothing to fear.

**Advice:** Surrender to it. Let it come through. Listen. Your ears are adjusting to new frequencies.

**8c. Enhanced senses of smell, touch, and/or taste.** I notice I can now smell and taste chemical additives in some foods in a rather unpleasant manner. Other food may taste absolutely wonderful. For some people, these enhancements are both delightful and distracting. You might even smell the fragrance of flowers now and then. Many of the mystics did. Enjoy it.

## **9. Skin eruptions:**

Rashes, bumps, acne, hives, and shingles. Anger produces outbreaks around the mouth and chin. I had dermatitis in my extremities for several months that accompanied healing an episode from my past. When I had worked through most of the issue, the condition was released.

**Advice:** You may be sloughing off toxins and bringing emotions to the surface. When there is an issue to be released and you are trying to repress it, your skin will express the issue for you until you process the emotions. Work through your "stuff".

## **10. Episodes of intense energy which make you want to leap out of bed and into action.**

Followed by periods of lethargy and fatigue. The fatigue usually follows great shifts. This is a time of integration, so give into it.

**Advice:** Roll with the nature of energy. Don't fight it. Be gentle with yourself. Take naps if you are tired. Write your novel if you are too energized to sleep. Take advantage of the type of energy.

## **11. Changes in prayer or meditation.**

Not feeling the same sensations as before. Not having the same experience of being in contact with Spirit. Difficulty in focusing.

**Advice:** You may be in more instant and constant communion with Spirit now and the sensation may therefore be altered. You will adapt to this new feeling. You are actually thinking and acting in partnership with Spirit most of the time now. You may find your meditation periods shorter.

## **12. Power surges:**

All of a sudden you are heated from head to toe. It is a momentary sensation, but uncomfortable. In contrast, some people have felt inexplicably cold. I have experienced both. More recently I experienced waves or currents of energy rolling through me. Sometimes the energy seems so intense when it first comes into my body that I feel a little nauseated. But if I think of the energy as divine and let go of fear, I feel wonderful and enjoy the sensation. If you are an energy worker, you may have noticed that the heat running through your hands has increased tremendously. This is good.

**Advice:** If you are uncomfortable, ask your Higher Power, that if it be for your best and highest good, to turn down/up the temperature a bit.

## **13. A range of physical manifestations:**

Headaches, backaches, neck pains, flu-like symptoms (this is called vibrational flu), digestive problems, muscular spasms or cramps, racing heartbeat, chest pains, changes in sexual desire, numbness or pain in the limbs, and involuntary vocalizations or bodily movements. Some of us have even had old conditions from childhood reappear briefly for healing.

**Advice:** Remember what I said about seeking medical help if you need it! If you have determined that this is not a medical condition, relax in the realization that it is only temporary.

## **14. Looking younger.**

Yippee! As you clear emotional issues and release limiting beliefs and heavy baggage from the past, you are actually lighter. Your frequency is higher. You love yourself and life more. You begin to resemble the perfect you that you really are.

## **15. Vivid dreams.**

Sometimes dreams are so real that you wake up confused. You may even have lucid dreams in which you are in control. Many dreams may be mystical or carry messages for you. And in some dreams, you just know that you are not "dreaming" ", that what is happening is somehow real.

**Advice:** You will remember what is important for you to remember. Don't force anything. Above all, stay out of fear.

## **16. Events that completely alter your life:**

death, divorce, change in job status, loss of home, illness, and/or other catastrophes "" sometimes several at once! Forces that cause you to slow down, simplify, change, re-examine who you are and what your life means to you. Forces that you cannot ignore. Forces that cause you to release your attachments. Forces that awaken your sense of love and compassion for all.

## **17. A desire to break free from restrictive patterns, life-draining jobs consumptive lifestyles, and toxic people or situations.**

You feel a compelling need to "find yourself" and your life purpose "" now! You want to be creative and free to be who you really are. You might find yourself drawn to the arts and nature. You want to unclutter yourself from things and people that no longer serve you.

**Advice:** Do it!

## **18. Emotional and mental confusion:**

A feeling that you need to get your life straightened out"it feels like a mess. But at the same time, you feel chaotic and unable to focus. See #45.

**Advice:** Put your ear to your heart and your own discernment will follow.

## **19. Introspection, solitude and loss of interest in more extroverted activities:**

This stage has come as a surprise to many extraverts who formerly saw themselves as outgoing and involved. They say, "I don't know why, but I don't like to go out as much as before."

## **20. Creativity bursts:**

Receiving images, ideas, music, and other creative inspirations at an often-overwhelming rate.

**Advice:** At least record these inspirations, for Spirit is speaking to you about how you might fulfill your purpose and contribute to the healing of the planet.

## **21. A perception that time is accelerating.**

It seems that way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing.

**Advice:** Breaking your day up into appointments and time segments increases the sense of acceleration. You can slow time down by relaxing into the present moment and paying attention to what's at hand, not anticipating what's ahead. Slow down and tell yourself that you have plenty of time. Ask your Higher Power to help you. Keep your focus on the present. Try to flow from one activity to the next. Stay

tuned to your inner guidance. You can also warp time by asking for it. Next time you feel rushed, say, "Time warp, please. I need some more time to """". Then relax.

## **22. A sense of impendingness.**

There is a feeling that something is about to happen. This can create anxiety.

**Advice:** There is nothing to worry about. Things are definitely happening, but anxiety only creates more problems for you. All your thoughts "" positive or negative"" are prayers. There is nothing to fear.

## **23. Impatience.**

You know better, but sometimes you can't help it. You want to get on with what seems to be coming your way. Uncertainty is not comfortable.

**Advice:** Learn to live with uncertainty, knowing that nothing comes to you until you are ready. Impatience is really a lack of trust, especially trust in your Higher Power. When you focus on the present, you will experience miracles ""yes, even in traffic.

## **24. A deep yearning for meaning, purpose, spiritual connection, and revelation.**

Perhaps an interest in the spiritual for the first time in your life. "Constant craving". The material world cannot fulfill this longing.

**Advice:** Follow your heart and the way will open up for you.

## **25. A feeling that you are somehow different.**

A disquieting sense that everything in your life feels new and altered, that you have left your old self behind. You have. You are much greater than you can possibly imagine. There is more to come.

## **26. "Teachers" appear everywhere with perfect timing to help you on your spiritual journey:**

people, books, movies, events, Mother Nature, etc. Teachers may appear to be negative or positive when you are trapped in polarity thinking, but, from a transcendent perspective, they are always perfect. Just what you need to learn from and move on. By the way, we never get more than we are ready to master. Each challenge presents us with an opportunity to show our mastery in passing through it.

## **27. You find a spiritual track that makes sense to you and "speaks to you" at the most profound levels.**

Suddenly you are gaining a perspective that you would never have considered before. You hunger to know more. You read, share with others, ask questions, and go inside to discover more about who you are and why you are here.

## **28. You are moving through learning and personal issues at a rapid pace.**

You sense that you are "getting it" quite readily.

**Advice:** Keep remembering that things will come to you when they are ready to be healed. Not sooner. Deal with whatever comes up with courage and you will move through the issues rapidly.

## **29. Invisible presences.**

Here is the woo-woo stuff. Some people report feeling surrounded by beings at night or having the sensation of being touched or talked to. Often, they will wake with a start. Some also feel their body orbed vibrates. The vibrations are caused by energetic changes after emotional clearing has taken place.

**Advice:** This is a sensitive topic, but you may feel better blessing your bed and space around it before you sleep. I rest assured that I am

surrounded only by the most magnificent spiritual entities and am always safe in God's care. Sometimes, however, the fear gets to me, and I call in Archangel Michael and/or Archangel Uriel. I don't beat myself up for being afraid sometimes. I forgive myself for not always sovereign at 3:00 a.m.

### **30. Portents, visions, "illusions", numbers, and symbols:**

Seeing things that have spiritual importance for you. Noticing how numbers appear synchronistical in your awareness. Everything has a message if you take the time to look. I enjoy the experience of "getting messages." What fun!

### **31. Increased integrity:**

You realize that it is time for you to seek and speak your truth. It suddenly seems important for you to become more authentic, more yourself. You may have to say "no" to people whom you have tried to please in the past. You may find it intolerable to stay in a marriage or job or place that doesn't support who you are. You may also find there is nowhere to hide, no secrets to keep anymore. Honesty becomes important in all your relationships.

**Advice:** Listen to your heart. If your guidance tells you not to do something, speak up and take action. Say "no". Likewise, you must also say "yes" to that which compels you. You must risk displeasing others without guilt in order to attain spiritual sovereignty.

### **32. Harmony with seasons and cycles:**

You are becoming more tuned to the seasons, the phases of the moon and natural cycles. More awareness of your place in the natural world. A stronger connection to the earth.

### **33. Electrical and mechanical malfunctions:**

When you are around, lightbulbs flicker, the computer locks up, or the radio goes haywire.

**Advice:** Call on your angels, guides, or Grace Elohim to fix it or put up a field of protection of light around the machine. Surround your car with blue light. Laugh.

### **34. Increased synchronicity and many small miracles.**

Look for more of these.

**Advice:** Synchronistic events tell you if you are heading in the right direction or making the correct choices. Honor these clues and you cannot go astray. Spirit uses synchronicity to communicate to you. That's when you begin to experience daily miracles. See #30.

### **35. Increased intuitive abilities and altered states of consciousness:**

Thinking of someone and immediately hearing from them. More synchronicities. Having sudden insights into patterns or events from the past. Clairvoyance, out-of-body experiences, and other psychic phenomena. Intensified sensitivity and knowing. Awareness of one's essence and that of others. Channeling angelic and Christ-consciousness energies.

### **36. Communication with Spirit.**

Contact with angels, spirit guides, and other divine entities. Channeling. More and more people seem to be given this opportunity. Feeling inspiration and downloading information that takes form as writing, painting, ideas, communications, dance, etc.

### **37. A sense of Oneness with all.**

A direct experience of this Wholeness. Transcendent awareness. Being flooded with compassion and love for all life. Compassionate detachment or unconditional love for all is what lifts us up to higher levels of consciousness and joy.

### **38. Moments of peace.**

A deep abiding sense of peace and knowing that you are never alone.

### **39. Integration:**

You become emotionally, psychologically, physically, and spiritually stronger and clearer. You feel as if you are in alignment with your Higher Self.

### **40. Living your purpose:**

You know you are finally doing what you came to earth for. New skills and gifts are emerging, especially healing ones. Your life/work experiences are now converging and starting to make sense. You are finally going to use them all.

**Advice:** Listen to your heart. Your passion leads you to where you must go. Go within and ask your Higher Self, "What is it you would have me do?" Watch for synchronicities. Listen.

### **41. Feeling closer to animals and plants.**

To some people, animals now seem to be more "human" in their behavior. Wild animals are less afraid. Plants respond to your love and attention more than ever. Some may even have messages for you.

### **42. Seeing beings of other dimensions.**

The veil between dimensions is thinner, so it is not surprising. Just stay in your sovereignty. You are more powerful than you can ever

imagine, so do not entertain fear. Ask your guides for help if you slip into fear.

**43. Seeing a person's true form or seeing with a different face "" past life or parallel life.**

**44. Physically manifesting thoughts and desires more quickly and efficiently.**

**Advice:** Monitor your thoughts. All thoughts are prayers. Be careful what you ask for.

### **45. Left-brain fogginess.**

Your psychic abilities, your intuitive knowing, your feelings and compassion, your ability to experience your body, your visioning, your expressiveness all emanate from the right brain. In order for this side of the brain to develop more fully, the left brain must shut down a little bit. Normally the left-hemisphere's capacity for order, organization, structure, linear sequencing, analysis, evaluation, precision, focus, problem-solving, and mathematics dominate our often less-valued right brain. What results are memory lapses, placing words in the wrong sequence, inability or no desire to read for very long, inability to focus; forgetting what you are just about to say; impatience with linear forms of communication (audio or written formats); a feeling of spaciness, being scattered; losing interesting research or complex information; feeling bombarded with words and talk and information; and a reluctance to write. Sometimes you feel dull and have no interest in analysis, lively intellectual discussion, or investigation. On the other hand, you might find yourself drawn to sensation: videos, magazines with photos, beautiful artwork, movies, music, sculpting, painting, being with people, dancing, gardening, walking, and other kinesthetic forms of expression. You may search for spiritual content, even science fiction.

**Advice:** You may discover that if you allow your heart and your right brain to lead you, the left will then be activated appropriately to support you. And someday we will be well-balanced, using both hemispheres with mastery.

## **46. Dizziness.**

This occurs when you are ungrounded. Perhaps you have just cleared big emotional issues, and your body is adjusting to your "lighter" state.

**Advice:** Ground yourself by eating protein. Sometimes "comfort food" feels right. Don't make any food right or wrong for you. Use your guidance to know what you need at any given moment. Take your shoes off and put your feet in the grass for a couple of minutes.

## **47. Falling, having accidents, breaking bones.**

Your body is not grounded or perhaps your life is out of balance. Or your body may be telling you to slow down, examine certain aspects of your life, or heal certain issues. There is always a message. When I recently broke my ankle, I understood that my ankle was taking on what I myself refused to deal with. And that was all of the above.

**Advice:** Stay grounded by taking your shoes off and putting your feet in the grass; even better, lie down on the grass without a blanket under you. Feel the earth beneath you. Get out in nature. Slow down and pay attention. Be mindful about what you are doing. Feel your feelings when they come up. Stay in the present. Surround yourself with blue light when you are feeling shaky.

## **48. Heart palpitations.**

A racing heart usually accompanies a heart opening. It only lasts for a few moments and means that the heart is re-balancing itself after an emotional release. I had one episode that terrified me: I woke up in the middle of the night, my heart pounding. I thought it was going to come right out of my chest. It only happened once and there was, I understand, a huge heart chakra opening. But I did check it out. There is nothing wrong with my heart.

**Advice:** Remember what I said about getting medical attention when needed. Consult your doctor about any conditions you are not comfortable with.

### **49. Faster hair and nail growth.**

More protein is being used in the body. Too bad we can't tell the body where to grow the hair and where not to grow it. (Or can we? Hmmm.)

### **50. A desire to find your soulmate or twin flame.**

More than ever before, the idea that we can have a relationship that matches who we are seems more desirable.

**Advice:** The truth is, we have to be the kind of person we want to attract. We have to love ourselves and where we are right now before we can attract a more "perfect" mate. Work begins at home. Here is how I think it works: Hold the desire for this person in your heart, but without attachment. Expect that someday you will meet someone who is more suited to you but let go of any expectations as to who this will be and how it will happen. Focus instead on cleaning up your own life and being the kind of person you want to be. Be happy now. Enjoy your life. Then you may see"!...

### **51. Memories surface.**

Body memories, suppressed memories, images of past lives and/or parallel lives. We are healing and integrating all our "selves"☺, so expect to have some of these experiences.

**Advice.** Keep in mind that it is best to recall what only what comes to mind, leave the rest alone, don't analyze everything to death (because you will be stuck in the tape loop of infinite issues to process), and feel your feelings as they come up. Ask for help from your guides.