

Levels of Mind and Awareness

Learning to root consciousness in the
Deeper Mind



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Part I: Levels of Mind and Awareness

Enter the World Within Where the Sun Always Shines

Who you really are can't be threatened by some seemingly dark moment in life any more than the sun trembles because a cold wind is blowing somewhere on earth.

Guy Finley

Mind and Consciousness

You are a multi-dimensional, multi-modal *creator in the making* that is here to create your own life and reality within a vibrational realm that allows for the experience of free will within complete interdependence. That may seem paradoxical, but it is in the realization of interdependence that you will find the essence of being and enter into true freedom. As you will learn in the course of this program, everything you do has impact to the whole, and yet *you are the whole* and nothing exists outside of you.

God is in you and you are in God. This holds for all your brothers and sisters, and so you are in other and other in is you by this fact. The 'golden rule' is a portal into this mystery. "*Do unto others as you would have them do to you*", is the quintessential guideline of life in a vibrational reality, because in ultimate reality we are all One, and what you do is only ever done to yourself. That said, in human form our consciousness operates on many levels and we need to grasp the full picture in order to learn how to be fully effective and present to this experience.

In this section of the program, you will learn about the levels of awareness that make up the indwelling consciousness of the human being. The Mind may be considered as the *processor*, while Consciousness is the *operator*. Most of humanity operates in such a way that the Processor runs the show, while the Operator is totally ignored. This condition leads to chaos.¹ In the discussions that follow, **I refer to consciousness or awareness as being in the 'deeper mind'**. When deep within the mind, we are at the level of the Operator that is 'ordered awareness' that has access to *All That Is*.

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In this section we cover how to cultivate the ability to engage all levels of awareness. In part three we add the dantien centers of intelligence that represent the Trinity, and in section four we will add the sensory faculties, which are part of the 'tools' or powers you have with which to cognize and conceive in the world. The objective is to engage presence through all levels of awareness, powers, and sensory modalities so that you are

fully actively engaged in the experience of life. Several audio meditations will provide support to develop multi-modal/level/dimensional awareness, and this will be augmented with powerful exercises to move increasingly into the mind of the Higher Self.

Definitions

In discussions below, I define consciousness, awareness, and the levels of the mind. You will grasp these ideas more deeply as you work with the material in the program. So be patient with understanding.

Consciousness

Consciousness is all that is real. Nothing real, that is, nothing enduring, exists outside of consciousness. Consciousness is the Absolute. The Absolute is *All That Is*. Within the Absolute is consciousness-at-rest...or 'is-ness'. In 'is-ness' there is no individuated consciousness...there is no self-awareness. For self-awareness there must be *being-ness*.

*“With awareness, Beingness develops the sense of I-am. When this transformation occurs, Consciousness-at-rest becomes Consciousness-in-movement. This is the Big Bang.”*² Consciousness-at-rest and consciousness-in-movement are not separate; they are aspects of the One (the Tao). From the “none” arises the One, and from the One arises the Two as the yin (Mother) and yang (Father) aspects of God, respectively. And from the two arises the three as the Son. As stated in the *Tao Te Ching*: the one becomes the two, the two becomes the three, and the three becomes the “ten thousand things”. Those *ten thousand things* are all emanations of the Tao.

Consciousness-at-rest is potential, while consciousness-in-movement is beingness. God is both no-thing and All That Is. God defies description as no-thing, and is known by many names as all things.

Awareness of the Absolute needs an ego (defined below) in order to experience a personal, differentiated consciousness. And so out of a desire to know itself, the Tao expressed the Yang into the Yin aspects and out of this the Son is born *to experience the Father*. God experiences Himself through the Sons.

As we realize that we come from the One and are never apart from it, we move our awareness increasingly toward the Absolute, learn to see the One in the *ten thousand things*, until we become our Higher Self nature or attain enlightenment.

There are two main states of mind—one is the mind of the **separated self**, and the other is the **enlightened mind** that knows itself and all things to emanate from the Absolute. The separated mind does not see God and considers itself to be alone or outside of God, while the gaze of the enlightened mind is on God without fail—nothing else can be

seen—and knows itself to be at One. Both states are ‘alone’, but at different orders of reality.

I identify a third state of mind that transitions from the separated to the enlightened mind, reaching ever more for the *angelic* consciousness of the Higher Self. **Understanding and embodying this third state of mind, which I call the mind of ‘vertical awaring’, is a primary objective of this program.**

Only in consciousness-in-movement is there duality. We cannot know small without the contrast of large, for example. But consciousness-in-movement is not yet in the illusion. Duality recognized as a spectrum of states within the constants of reality dwells in reality. If we experience fear and resist it, then we have fallen into the illusion. Whereas when we recognize the state of fear as an absence or great diminution of love, then we remain cognizant of the constant of reality that is love. **That is enlightenment, which resists nothing but sees only the gradations of divine reality.** It is only when we resist experience and lose touch with the constants of reality that we ‘fall’ into the illusion, and our ego-mind becomes separated from its Source that is the Absolute.

I will first discuss how illusion comes about before presenting details on the levels of the mind.

Resistance to Change Begets Illusion ~ Embracing Change causes Evolution

In the phenomenal world, what we can count on is *change*. And strangely, that is the very thing that we resist! Resistance to change begets the illusion because it goes counter to evolution that seeks ever greater complexity and synthesis. Evolution accelerates as we embrace continual inner change, and illusion spreads when we resist it.

And we never really stagnate because we are always in movement. So if we are not embracing change, we are going in the opposite direction toward **devolution**. There is no standing still in life. If you think that things have to get better eventually, think again! Devolution is toward worse and worse until something breaks. Often awakening happens through life becoming too painful—we can no longer go on as we have, because life becomes increasingly unbearable. The only solution is to *cease and desist*, admit that we understand very little, and surrender to a deeper level of awareness.

Resistance is the cause of repetition, and as corollary, **non-resistance causes the new to unfold**. The reason that the universe is SO VAST with billions of galaxies and experiential worlds is because **God resists nothing**. Illusion *is* repetition born of resistance, while **reality is the ever new that emerges through embracing change**. When we resist, we lose sight of the potential growth within the experience and thusly do

we fall outside of reality or ever newness. The audio, **Secrets of Being Unstoppable**, elaborates on this.

It is not possible to grow through resistance, which is choosing to be in stasis; in resistance there is fear, and there is no growth in fear. In facing fear with courage we allow something new to be birthed within conscious awareness... **we meet inner opposition and surrender to greater self.**

Rudolf Steiner³ describes how in the beginnings of creation, God commanded backward movement in all of the spiritual hierarchies in order to create the opposition that was necessary to instigate growth. These were Beings who were devotional to the Divine Plan and working ‘lawfully’ at obstructing evolution—all for the sake of forcing the need to awaken greater power within the others who would have to transcend the obstructions.

So both the ‘backward’ spirits and the ‘forward’ spirits were serving a perfection that can only come from the overcoming of oppositional forces. And why is this necessary?

It’s necessary because **evolution is ever new and ever greatness**. Had we been created fully present to our god nature, we would be *god-clones* and there is nothing new in that, as God already exists. We could never have known ourselves as individuated and unique beings of divine nature and power unless we had the experience of discovering it *within the possibility of not discovering it!*

In the John Gospel it is said that Christ is our brother, but God wants us to be His friend. The Christ is *the Way* that we come to know God as our Friend. And this can only happen as we uncover all that is latent within and grow into our full divine stature. And we do this when challenged in some manner, because otherwise we would never need the powers that are latent within. As we learn through what comes as opposition, we then realize that within us is infinite potential to achieve anything we can imagine and to meet any challenge no matter how big.

We either habitually challenge ourselves inwardly through deep introspection and facing of our fears head on, or we wait for life to challenge us through opposition—either way, we come to experience shadow elements within us that reflect the backward movement that has taken place *macrocosmically*. We play out macrocosmic evolution within the microcosm of human being.

As you come to understand this fully, you will know that **life is your best ally**. At first the opposition is there to nudge you to know yourself in truth, and later it works to nudge you to greater self. But you can nudge *it* and challenge it too, through reaching out for far greater than was ever imagined. **Life is your Higher Self expressing you!** At first it expresses the small false *you* within a larger context of potential, and later as the indwelling consciousness expands it expresses your soul nature and orientation that exists outside of time, and still further, as you embrace Oneness, it may express a more *cosmic you*.

Man emerged from the outpouring of these spiritual hierarchies—both forward and backward Beings. And so within us we have the powers of the forward macrocosmic Beings in latency, and alongside are the oppositional tendencies from those who were ordered to serve the Divine Plan through opposing evolution. We are a microcosm of the macrocosm, and all the elements of creation are contained within us. It is important that you understand this, because when you do you will embrace the opportunity to illuminate your shadow parts rather than run away from them and deny that they exist. **You did not create those elements in you, and they are there for your benefit.** Within the shadow self resides the greatest potential light. If you run away, you make them heavier and harder to overcome, and you delay the moment of awakening.

The biggest culprit in sustaining self-denial has come from proscribed morality in religion. If we all understood that the shadow is not something to be ashamed of, but is there to force our evolution, we would naturally deal with it as it arises and there would be no judgment in the world. Moreover, we would know that denying it is futile, because the pain will simply repeat itself in varied ways until things are dealt with.

Understand that life is a mirror for you to self-reflect with. When you deny what is coming up in you, through blame (“she has made me into an angry man”, “he is a bully that makes me afraid”, “we bring out the worst in each other”), through distraction (workaholic, social media addiction, etc.), or deadening yourself (medicating, drinking, etc.), you hide the mirror and can no longer self-reflect...and life then repeats itself over and over again. All resistance to life is lost opportunity to serve the perfection of the Divine Plan for humanity. And this service is not for yourself alone, as your life is also reflected outwardly into the cosmos for all to benefit by. I had a very interesting dream about this when I was working on this material. You can read about it in appendix A, in the section, ***Our Life Reflected Throughout the Cosmos***.

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The necessity to create obstruction has long passed, and it is time to rein in the oppositional forces *that have run amuck*. And so we are called to take stock of the current state of things and overcome those oppositional forces *within our being*. And we don't have to go any further than our own lives, because we have all been hypnotically lulled by consensual reality to some degree. We've all come here at this particular time in evolution in order to meet the challenges that would force a leap to much higher ground than would otherwise happen under purely divinely orchestrated opposition. This is a grand opportunity for an evolutionary leap in a single lifetime, to reveal ourselves ever more deeply in our god nature. The GF (Guy Finley) audio, *Essential Laws of Spiritual Alchemy* is a good one that fleshes out these ideas.

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The Mind and Its Many Points of Awareness

Thoughtforms, memory, feeling states, emotional energy, and will impulse are accessed through the mind, but where is the mind? Mind is non-local—it is spread throughout our being and also connected to a larger field of consciousness, which constitutes part of an interconnecting network that underlies all forms of life and connects macrocosm to microcosm.

The mind is not the brain nor is it only thinking; it comprises all the different faculties and levels through which intelligence is accessed and expressed, and is also intelligence. The mind is shaped by the hidden reality in which we dwell and through our striving to behold ever more of that reality. The mind is the *processor* of thought that is consciousness. Neither brain nor mind generates thought, but it feels like this and that is what gets us into level-confusion.

Skills may be cultivated in the mind—as new habits of thinking and feeling—and this is like adding processor capabilities and capacity. You will be doing this in the course of this program. **But there is no need to ‘improve’ the ‘Operator’ of the mind, as consciousness is our awareness of God, and God needs no improvement.** We need only go deeper within and soak in understandings based in the truth of infinitude and eternity of being. Going deeper within and soaking in divine truth is like getting superb data to feed the processor, as well as adding processing capacity for recognition of new data sets, if you will.

Another important point is that the Operator does not need ‘filtering software’. The Operator ultimately is the Mind of God, and that level of awareness is a higher order that transforms anything of a lower vibratory rate to a higher one. When we let the processor/mind filter reality—through judgment, preferences, seeing duality and limitation, avoidance, etc.—we are not able to *operate* upon our life to elevate it to a higher level. **Processor must not become Operator, as this leads to chaos.**

While many people say that the mind and body are one reality, this is not quite so. The body outpictures *part* of the mind’s contents, but the mind is best considered as a collective. The mind is more the software through which consciousness operates, and the body is more the hardware part of the processor.

Before going on with reading, you may wish to take in the following key points:

God is in you and you are in God.
Consciousness/Awareness of *All That Is* is accessed through the deeper mind.
Your mind is the Processor, and your consciousness/awareness is Operator.
Your level of awareness of God within determines the power of you as Operator in life.
Mind is the *instrument* of your Consciousness.
You are a microcosm of the whole universe; all the power of the universe is

accessible to you.

When you lead from the mind you are in *role/level-confusion* and chaos is the result.

Lead life from the Operator and you are living in the Mind and Heart of God.

There is no limit on awareness of the Operator, as the Mind of God is infinite.

There is no limit on the Operator's ability to mobilize universal creative energies to meet its needs.

Consciousness resists nothing because it is beyond judgment or preference—it is all-powerful.

Whatever you are conscious of becomes your reality.

Consciousness reorders reality.

What you resist in life limits consciousness and your power to reorder life.

Evolution is ever new, ever greatness, and you are in its flow when in non-resistance.

Consciousness operates outside of time and space, and is bound by nothing.

You are a multi-dimensional/multi-modal being able to process data from the entire universe.

From Operator-consciousness, the conception of an Idea and its potential manifestation exist simultaneously. Operator conceives from potential (to be manifested).

There is no 'can't' in Operator-awareness; there is simply choice of focus based on soul desire.

Train the mind to dream and vision without opposing itself, and you will soon perceive only a world of infinite potential and opportunity.

Only your lower ego can negate the vision of your desires and prevent it from being brought into manifestation.

There is no enemy but *level-confusion*. The mind being the operator of thought is the only enemy.

Understand the role of the levels of mind and utilize them accordingly, and you become master over life and its means.

The Ego

Understanding our egohood and how it operates in us today leads to great occult mysteries. We emerged from the primordial womb and consciousness of the One into individuation and sense of the many. The possibility of individuated or differentiated consciousness was orchestrated through a slow process of evolution over billions of years. **Our ego principle was the ultimate goal of evolution**—to develop a vehicle of consciousness that could be emancipated from the Will of God, but that would find its way to alignment with Higher Will *out of the wisdom of its essential nature as love*. Love in freedom is the divine power of creation, and the human being is being fashioned as an

emerging creator capable of wielding that very power if he can come to express love in total freedom.

The ego is made up from a substance that has a tendency to ‘fall back upon itself’. Without going into detail, this substance emerged from ‘sacrifice’ of cosmic Beings that had to be refused—not out of rejection, but rather in order to preserve their nature. So some Beings accepted the great sacrifice, while others had to refuse it in order to remain unchanged. And in those in whom their outpouring was not received, there arose a sense of pulling back, and it is on this new energy that entered into creation that both *time* and the possibility of apparent *differentiation* from God arose. This latter element is the ego principle that occurs in the human stage of evolution.

This *pulling back to self* was the substance necessary to establish a sense of individuation from Source. Individuation could only be established within an energy of being pushed back or rejected. Love tends to merge into other...and because love is our essence, we needed a substance that tended to fall back to self in order to individuate. *So by its inherent nature, the egohood is prone to going into itself rather than merging out of self.* But through the “Fall” of man, the egohood fell too deeply into matter and eventually egotism set in, threatening to engulf the ego consciousness completely in the illusion of separation, to the point that the human vehicle would become unusable for soul evolution. The power to counteract the effect of the Fall is the Christ Impulse, which was seeded in humanity two thousand years ago. It is a power of the ego, and a mystery of the blood.

The ego principle dwells within the blood, which was never supposed to be the dense substance that it is today. It was intended that man would have his seat of consciousness in the higher dimensions of the Higher Self, and a sense of egohood or individuality would ‘flash up’ in an *etheric* blood fluid that would exist only on the cusp of etheric and physical. So we would be forever flashing up on the edge of matter, but never becoming dense, and never plunging in as consciousness into the realm of matter. In this way, we would never have fallen into illusion.

A good image for this is one of the puppeteer moving the puppet. We were to be the *Higher Self puppeteer* that directs a part of itself to experience its creations in a vibrational realm of rich sensory faculties, all for the purpose of learning to create from the many cosmic substances of creation and thereby expand the racing edge of creation. That was the original divine intent that was thwarted through the Fall of man, which caused our egohood to plunge deeply into a densified and physical blood. And while the Fall happened physically in ages past, it is something that happens over and over again every time we ‘fall’ for the illusion! So the Fall is a reality of the present moment.

We must now work to reverse the effects of the Fall, lest we become lost. And the Christ Impulse is that very power to spiritualize the blood, reverse the momentum from self-centered egotism to selflessness, and lift our point of awareness into the consciousness of our Higher Self. The Christ Impulse is a sacrificial substance that must be taken into the

ego in order to move it to a higher order of selflessness. We need to ‘accept’ the sacrifice in order to direct the ego in the other direction of selflessness.

The ego enables a sense of “I” into which the soul merges and may evolve. The ego-“I” is the vessel for the soul. Our soul evolves through a process of clearing past distortion, and then moving into ever greater freedom and creative expression. So there is partnership between the ego-“I” and soul, but the soul is our true being.

As mentioned, there are two elements to our evolution: our soul or *self* evolution, and the evolution of the human vehicle into which souls may incarnate. The strength of the human vehicle determines the overall evolutionary potential for souls. So these two elements are inextricably bound. And as we evolve through attaining freedom in the soul powers of thinking, feeling, and willing, we transform the human vehicle into its higher spiritual members, furthering evolution for the whole of humanity. What we transform becomes eternally ours to utilize for our incarnations, or to lend out to other souls to enhance theirs.

Through the Christ Impulse, the “I” can transition from raying in into a member that rays outward. We are being assisted toward uniting with the world around us and to eventually experience a mystical union with Spirit and the reunification of all the ‘separated selves’. We are striving to consciousness of Oneness *in full wakefulness*, and we are being assisted to this attainment through changes in the blood substance.¹

So the ego-“I” allows for individuation to support soul evolution, but the danger is that it can lead us to separation from Source if we root our consciousness in it. When this happens, we forget that we are also the puppeteer and we put our identity in the puppet. This is the *level-confusion* that I mentioned earlier.

Most people have become the puppet. *Who then is the puppeteer?* The forces of chaos assume the power that we give up. Fortunately, it is not difficult to take the power back; we just have to understand how to do this. And learning how to do this as well as how to become skilled at the art of puppeteering is the purpose of this program.

If you ponder on the inherent nature of the ego and the danger of falling further into lower consciousness through egotism, it becomes apparent that the way to move into the power of the Higher Self is through *selflessness*...or surrendering to a higher Will that is not the will of the self-serving false self. Selflessness will be discussed from many angles in the course of this program. For now, understand this aspect: selflessness is not giving of self at your detriment, but rather giving up the illusion and false self for your ultimate liberation and return to Oneness. **Selflessness is an act of surrendering to a higher order of being.** You move from serving the false self, to serving the *universal Self* that is One with all other selves. In selflessness you become liberated from illusion, and spiritual reality begins to reveal itself in the world around you.

¹ This is part of the Adam-2 template that was gifted to mankind in 2011 and into which we must all transition.

The power to turn the momentum of the ego from egotism to selflessness and Oneness is the Christ Impulse that is latent in each human being. The momentum from egotism to selflessness is being forced to some degree at this time in evolution, and that is what the ascension energies are all about. While we still have free will to move away into further separation, that choice is not being ‘tolerated’ anymore, as no further learning can be had through that. What this means is that spiritual support is withdrawing from the realm of separation (the illusion), and those who persist in making that choice will be left to their own demise.

The ego is a necessary principle to experiencing the human stage of freedom. Paradoxically, the false self is the part that moves us away from freedom, and only in cultivating true selflessness will we discover what was truly intended as human freedom. We were gifted with freedom in order to explore any part of creation, not to dwell in the illusion *outside* of creation. Within our freedom as beings of love lies our greatest creative power; but so long as we are in the false self, we cannot find that true power that comes from self-mastery, and will only find the surrogate power that controls others, violates their freedom, and disrupts the harmony of the vibrational realm. In fully embodying creative power, we wield the means of manifestation in this realm through focused intention aligned with the good of all.

Competition, pride, greed, and fear are the energies that keep people in the false self that operates outside of divine reality. As we surrender these states of mind and allow a higher order of being, we move increasingly to the true self—the undistorted soul nature that can express through the higher selfless ego-“I”.

Many teachings will tell you that the ego is the enemy, but this is not so. The false ego or false self is only the enemy so long as you believe yourself to be that; but once you realize that it is not who you are, it becomes another ‘part’ to be transformed through the power of love. As you reach for greater awakening, your point of awareness will move increasingly away from the ego aspect of the personal nature; enlightenment is the state at which this personal aspect ceases to be present altogether. But until then, it is not the enemy, but rather a necessary part that supports our evolution to Oneness in full conscious awareness. **Know its role as anchoring point from which selflessness must emerge, and you will become master over it and unfold the power of freedom in that process.**

Evolution From False Ego to Higher Selfless Ego

The path of our evolution to becoming creators is one of first emerging from God as unconscious beings, moving into increasing differentiation or sense of separate consciousness, and then from that individuated consciousness, moving into conscious and deliberate merging in God consciousness—in *freedom* and thus in full co-creative power. So we emerge from God in unconsciousness and dependency and return in full consciousness and freedom. That is the full cycle of becoming a conscious co-creator.

The Higher Self and Angelic Consciousness

The Higher Self dwells in a state of angelic consciousness, which is one level above the human-level consciousness and the one to which we strive.

Steiner describes that at rest, the angelic being is *spirit-filled*, and in movement angels express outwardly what they were filled with inwardly. In other words, angels' inner and outer worlds are a **seamless flow of beingness surrendered to a higher order reality**. When they are at rest they have no sense of self because they are merged and surrendered to *All That Is*. It is only in their manifestation or outer expression that they have a sense of themselves...they can perceive their nature by their outer expression. And in sensing their nature they rejoice and strive even more so that they are spirit-filled to even greater depth.

One cannot speak of individual initiative or will of an angel, because their impulse for expression comes from the deeper Mind of God. This does not take away from individual characteristics or nature; but the angel cannot have a sense of pride, for example, because it has no sense of individuated inner self. (The fallen angels have separated from the angelic evolution and are a different category of beings). So the angel is wholly in a receptive meditative state when at rest and nothing is held back from complete surrender to ever deeper merging in God. **The angel cannot think separate thoughts apart from God**. The angel is moved to express outwardly when divine impulse moves it, and then it expresses according to what it was filled with.

And though we are different because we are at the human stage (i.e. stage of freedom that comes from being able to dwell in what is *not* of God), we can aspire to angelic consciousness. When we do this, we move into the deeper mind of the Higher Self. A first step toward this is to 'starve' the *thinking separated mind* (term described below), and surrender all lower mental/emotional states. In surrender we let go of the lower in favor of a higher order of being, and enter increasingly into the deeper mind.

I've spent many hours pondering on this over the last twenty years, and on how to achieve the angelic state in human form. And it is only in creating this program that I have found a path toward this. So you might consider this program as the culmination of a twenty-year quest. As things began to clarify, I was flooded with one realization after another, all supporting the move toward deeper surrender toward angelic consciousness in human form. It is my earnest desire in this program, to convey in practical and concrete terms, the way in which to achieve surrender to a higher order reality in day-to-day life.

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Pause for a moment and consider your internal dialoguing self. How much of your inner world does that part take up? For many, the answer is 100% during waking hours, and only in sleep is there a reprieve. But the fact is that what you fill yourself with in waking life affects the level of reprieve from interference that you get in sleep. If you answered less than 100% then that is better than perhaps 95% of the population, so consider that you have a head start!

As you will understand from a description of the meditative mind in part II, the internal thinking part is hindering spiritual insight, inspiration, intuition and overall communication with spirit. That thinking mind is arresting spiritual growth as well as physical health, and is keeping you stuck in the lower vibrational illusory realm. The way to awakening starts first with stilling that thinking separated mind completely. That is the mind that creates the illusion, and so it must be stilled completely so that ‘problems’ are no longer sustained.

The second step to attaining to angelic consciousness is to change the nature of thinking and feeling so that you draw new content to your attention and focus and engage greater capacities within these faculties. In this manner, you can become spirit-filled when ‘at rest’. You can achieve this through immersing in spiritual truth and attuning feeling to what is of an eternal nature, and over time you will have so transformed both the content and the power of these soul faculties that you will not remember how life used to be!

But you don’t have to wait until such time to move out of illusion and fill yourself with spiritual energy and power. **You can start the process today**, here and now, and get great effect in times of especial need. When you make surrender a new habit, you will make leaps and bounds in your spiritual awakening, openness and transparency in life. The process essentially is one of changing the point of awareness from which the mind operates from the separated thinking mind to the deeper mind awareness within. **It entails becoming selfless in thinking and feeling**, and you will be working toward that with the suggested exercises for week 1.

If you will give up the insulating and separating internal dialoguing part of the mind and allow the living light to pour into you consistently, you will quickly understand how that thinking mind is not necessary.... in fact it is not at all helpful and only serves to separate and increase the need for time. We dwell in time when we create outside of eternity...when we create and interact only with what is temporal. You will see that for all your ruminating, reasoning, justifying, assessing, judging, mentalizing, rehashing, etc. activity, close to 0% will have borne any fruit. How often have you realized you are still in old patterns but just with new players and new twists? Less than 1% of humanity’s creations are worthy of entering into eternity; clearly, we are in the wrong mind. As you shut down the separated mind’s ability to think in you, you will also experience the healing power of the deeper mind on all levels of being.

The Higher Self Projects Outer Life

The Higher Self is not some higher aspect of “I” consciousness—it exists outside of our “I” and expresses in the world around us. Your Higher Self projects reality based on the vibratory patterns that you emit through thinking, feeling, and willing. As mentioned above, the Higher Self was supposed to be the puppeteer directing the “I” to experience its creations in this vibrational realm, but the “I” fell too deeply into matter, which then became its new master. Ever since, the Higher Self has been bound to express the lower vibrational patterns of a person’s beliefs, with the result being that its own consciousness is dimmed in this realm. As you learn to engage life with the understanding that it is mirroring your own beliefs and as you seek spiritual revelation and illumination of your distortions through all that appears in your life, you raise your vibration and allow your Higher Self to create according to its nature to an increasing degree.

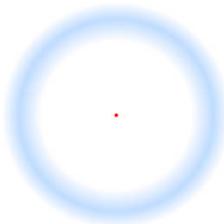
In effect, as you do this you plunge to the infinite depth within being and move into ever higher vibratory states, greater understanding and wisdom, greater freedom and power, and wholeness of being. In vibrating in sync with your Higher Self thusly, your being and life begin the joyous *dance-in-step* that expands creation.

So long as your Higher Self and your “I” are not in resonant harmony, your life will present challenge and disharmony. But as you allow yourself to be increasingly spirit-filled in your inner life and always ready to express the guidance that stirs within with boldness and faith, then you move to an ever greater degree in sync with your Higher Self mind. In this manner, the Higher Self can express its full nature through life and your “I” is wholly devoted to the soul’s evolution.

So you need to start engaging a conversation with life as your subconscious that you seek to clarify, until a path is sufficiently cleared to start conversing with your Higher Self. At this point, you will more fully express your soul nature and experience being an emanation of divinity; you have then cleared the dross from the diamond that is your soul essence and can let it radiate and expand out into the world.

Most people are so caught up in the lower vibrations of perceiving the material world as real and are mentally immersed in consensual reality of duality and limitation, that their restricted awareness is preventing their Higher Self nature from expressing at all in life. We need to pierce the veils of consensual reality in our personal lives, thereby weakening them for others too. We must begin perceiving spirit in matter, in others, and in all situations and conditions. Perceiving spirit opens the communication channels. We can begin this process by stilling the thinking mind and allowing spirit to fill us in our inner life.

As we move ever more into our Higher Self mind, we become what I refer to as *spherical consciousness*, wherein the depth of the center point determines the circumference or size of the circle (our scope of impact in life). In spherical consciousness nothing is resisted and all is embraced and utilized to expand into ever greater wholeness. As we deepen



within, we raise our vibration, and both periphery and center become co-resonant, and that is when our being is directly expressed in outer life. We realize that we are a point of consciousness experiencing as well as the experience itself, and we can bring infinite depth into the process. We merge awareness of the created ego-“I” with the creator Higher Self, and life can then be engaged as a spiral of ever greater self-understanding and expansion to ever greatness. In our openness to spirit and courageous surrender to life that gives up self-interest, we deepen or expand the center toward Source. As we engage ourselves as both created and creator, we awaken to the true mystery of life.

This world is only illusion when we look upon the material as real and fail to see the spiritual Will and Purpose behind it. When we see the spiritual in everything, the world is symbolic of an ever deeper reality. As center deepens or expands, so too does the life that meets us become more full and expansive, and thus do we enter into the fulfillment of co-creation.

Let me make an important observation here. You are not the creator of everything in your life presently. We interact with other ‘spheres’ of consciousness that can impact on our lives, but if the effects are negative, then there is room to grow in conscious awareness and self-sovereignty. Where you do not assume your power, others can have a negative impact because your life will default to serving their self-interest. But the deeper that you dwell within consciousness, the more your life becomes ordered by *you alone*, and the more will you realize that there is only you... **alone and All One**.

Four eternal principles are revealed as ancient secrets of success in a book by Tulshi Sen.⁴ These principles are to be meditated upon—one at a time for weeks, months...years—until they become powers of self-transformation. Each proclamation adds a new revelation that can rest upon the foundation of the ones before it. With the third you begin to awaken to a new way of relating to life. The fourth has infinite power and is deepened over lifetimes. The mind of *vertical-awaring* recognizes these truths by returning the power to the indwelling consciousness that is the Creator. In the program, you will begin to experience these truths in your life; at some point your soul will become ignited with dawning realization. Reread part I several times and it will support you to understanding these four proclamations.

The Four Proclamations:

Consciousness Is the Creator. (*Creation is out of no-thing—all is made with consciousness and by consciousness.*)

That Thou Art. (*Everything is consciousness.*)

My Consciousness is the Creator. (*As the Macrocosm so the Microcosm.*)

I Am the Creator. (*I AM That I AM.*)

Suggestion: *Ponder on the proclamations for a few minutes, and rate your level of belief or understanding of them on a scale of 0..10 (0: no understanding; 10 embodied truth). Keep this in a journal for this program, and go back to them half-way through and then at the end of the program, and repeat the process.*

The Two Minds

It is helpful to identify two minds on the spectrum of illumination: the **separated thinking mind** that dwells in the darkness of illusion, and the **enlightened mind** that dwells in a higher/deeper reality and operates *functionally* in this realm. The **separated mind** is filled with a continual stream of thoughts that prevent spirit from imprinting within it; it is continually consumed by the need to control conditions, defend or position itself, fulfil its misinformed agendas, and is run by fear and the need to maintain the misinformed stories about life that it believes in. The separated mind takes control of the indwelling consciousness by default and through influence of the consensus.

We learn to lead life from the noisy thinking mind, and we so value intellectual cleverness when we would do well to shun it! When we lead life with the noisy mind of incessant thinking, we are separated, and that is why this minuscule part of our mind is also referred to as the *thinking separated* mind. This represents about 5% of the mind's capacity. Ideally, we are to allow thought to emerge into awareness from the depth of being, and from there, the thinking separated mind would get its directives.

There is a third state of mind that acts as bridge from the separated to the enlightened mind: this is the **mind of vertical-awaring** that has learned to master all its levels of awareness from wounded self to higher self nature and is in a process of self-transformation. In *vertical-awaring*, every moment can be a moment of surrender to something truer, all reaction is stilled and used to deliberately dissolve the underlying fears, and life is embraced as a process that continually instigates deeper self-revelation.

The Thinking Separated Mind

The separated mind is also the *thinking mind*, because thought predominates and preoccupies the person. The thinking mind is one in which there is a more or less continual internal dialog prompted by what occurs in the external world or by some fixation or issue that cannot be resolved. Thinking from the separated mind keeps you stuck in dysfunction because this is the mind of misunderstanding and lies from which the problems originated. This is the mind that creates the personal hell or the comfortable illusion, as the case may be, which we think is reality. Any solution from this part of the mind will exacerbate a problem or redirect it into another problem that is really more of the same. Your thinking mind is the ‘lemon’, and though you may hope to get champagne, the best you can get from it is more sour lemonade.

The thinking mind seeks comfort, control, and security. It tries to cope with life through thinking and planning its strategies to avoid discomfort and fear. It does not welcome change or challenge. When in this mind there is continual repetition, no growth potential, and no higher creative thought that can penetrate it because it is the mind that tries to manipulate life and ends up coping with endless problems. The active thinking mind is a closed system filled with all manner of repetitive assessment, judgment, positioning, defence, agendas, self-interest, rationalization, worry, and negativity. And worse than a mere waste of brain cycles, the thinking mind locks you into the dysfunction that you want to overcome. Unfortunately, brain activity that is not useful is still creative...

The thinking mind is one of self-preservation that is rooted in fear and insecurity. This part of the mind drives the sense of separation and creates the need for time. When we operate in the illusion outside of God, all that we do will have to be undone in the course of time. Even in people who are habitually positive, the thinking mind is restrictive as it operates *linearly* such that past is projected into the future, and *logically* as well, based in consensus reality. The consensus is what has produced the world of mediocrity, sickness, subjugation and mind control that we have today.

In order to move into a higher mind that is no longer destructive, the thinking mind must be disempowered through continual deepening of self and striving toward spiritual truth and self-knowledge. When the thinking mind is stilled, the deeper awareness can engage, and we start the journey toward awakening and enlightenment.

The Functional Enlightened Mind

The enlightened mind is the one that dwells in the Absolute in every moment of life. It is one in which the thinking mind has been eliminated, and there is no longer a sense of ego. It is empty, infinite space, immersed in feelings of an eternal quality, and dwelling outside of time. In enlightenment, the mind is at One with the Absolute on a continual basis; it is engaged in deep communion with the divine at all times, while able to function

in this realm as necessary. And so its connection to this realm is a functional one. In the enlightened state, life in this realm is done for a specific mission and not out of necessity or need to learn. The enlightened mind recognizes itself as part of everything, and is no longer separate from anything. By its mere presence, the enlightened being changes the world.

The Bridge of Vertical-Awaring

In ***vertical-awaring*** the mind recognizes all levels of reality as may be present, and strives to deepen to the level of the Absolute. As the thinking mind takes over, the mind of vertical-awaring will still this part and lead itself into a deeper reality. The mind of vertical-awaring is in non-resistance at all times, moving into acceptance of what is present through the *observer consciousness* that strives to know the Absolute through self-revelation. It knows that growth occurs only as life is embraced and used to release what has control over us. This **observer self** is the anchor point that unifies all the separated parts of the psyche through its gentle compassion and its unwavering quest for freedom. It acknowledges the reactive parts but does not allow the mind to dwell there, rather it leads the mind to the deeper level of the Higher Self, where vaster stores of information are accessible and higher resolutions may come forth into life.

The observer self has infinite patience with the parts, **yet conscientiously and uncompromisingly guards every moment of life**, seeking opportunities to clear the distortions that stand in the way of peace and harmony—the state that allows union with the Divine. It does not fight with or control the many parts, but rather it chooses to *not answer to them*.

The observer self has nothing to defend and no agenda to fulfil other than to engage life honestly and courageously; it is stirred only by a desire to know the divine within and that happens upon letting go of fear and self-seeking, and being willing to reveal and flow the love that is the true nature of being.

The observer-self is master over the parts of the psyche and is in service to the Higher Self through ensuring that the ‘puppet’s strings are in the right hands’.

Fasting for the Separated Mind

As master, the observer utilizes the full vertical power of awareness in order to still the thinking separated mind, abort its endless illusion-creating and destructive perspectives and schemes, and engage the deeper mind that already dwells in the Kingdom. It is simple to transform anything in life—this process is simple, yet it requires conscientious and repeated application. You must put your thinking separated mind on a **long-term fast**.

We have all experienced a fast, and how taste is so much more vivid and amplified when you break the fast. And when you do, you start with the simplest of foods. Why? Because the heavy, richer foods are overwhelming. Before the fast, you could eat very rich and unhealthy foods without even tasting them fully or noticing their effects; but after the fast you are more sensitive and attuned. It is very hard to eat unhealthy foods after a long fast because you have been cleansed and your body is at a higher vibration. A similar thing will happen as you starve the separated mind.

You will notice that by preventing the separated thinking mind from indulging in thought, over time those thoughts will feel very disruptive and misaligned to you and you will no longer tolerate the indulgences. You will become far more sensitized to the insanity of the separated mind—in yourself as well as in others, and will no longer take part in it. And just as you become attuned to high vibrational foods when you fast and cleanse from time to time, so too will you become attuned to high vibrational thought and change your taste in thought. In other words, it becomes increasingly easy to no longer indulge in the separated mind and to enjoy creative thought that inspires and elevates.

You will feel safe in life, which makes you open to challenge. Our ability or our reticence to grow in life is due to our sense of safety; when we feel safe, we are able to move through the fears of new challenge that stretch our comfort zone. Otherwise we feel the lack of a safety net and will not embrace opportunities for expansion and transformation.

Another phenomenon of fasting is that your other senses can become more acute. Smell is one that is most affected, because it is complementary to taste. A complementary faculty to thinking is feeling. When you fast from thoughts of the separated mind you also stop indulging in negative emotional states, and you develop more refinement in feelings. As you still the separated mind, you will find that your Heart center can play a more prominent role and influence thought.

Continuing with the analogy, a person who habitually wallows in negativity is like someone who habitually overindulges in food or drink. And wallowing acts to numb life just as overeating and drinking can. As you still the separated mind, you will feel far more attuned to life and have greater clarity and perspicacity. Your interest and engagement in life will increase, you will perceive others more as you let go of self-absorption, and increase in compassion toward them.

Another interesting phenomenon is that you will appreciate stillness. In stillness, not only do you hear the deeper thoughts of your Higher Self, but also you will feel them as vibrations emanating from you to the world around you. The less noise within, the more your deeper thoughts will resound through your being and become broadcast to the *wisdom-will* substance of creation. In other words, you will naturally increase in creative power.

Unlearning to be the False Self so that the True Self can be Revealed

You don't have to learn to be more loving, kind, or truthful. If you are trying to do this, then you are layering a lie on top of the false you that is also a lie. This is important to understand! There is too much surface kindness and so-called love that is not doing anything to heal this world. You cannot radiate the vibration of love if you are in the false self, because there is always some condition to it and so there is underlying fear. **There can be no fear in love.** If you are trying to be spiritual, then know that you are *not* succeeding! You *are* a spiritual being and you *are* love *by nature*! So if you are trying, you've already failed because you believe that you're not. You have to unlearn being the false you, and allow the truth to be revealed. You may then expand and deepen from that place of true self, but the true self does not need to be what it is...it does not need to learn to be good because it is of divine nature...its essence is love.

So why is the separated mind such a key element in instigating such deep transformation? It's because we have learned to lead with the thinking mind in life, and it is filled with erroneous beliefs and lies about life and who we are in it. If you try to undo all of its beliefs and lies, you are operating on its level to some degree. So we have to *cut to the chase* because the time for transformation is upon us. **When you still the separated mind, you automatically begin the process of unravelling the false self.**

You do not have to learn to be yourself, you just have to learn to recognize the false self and not give it any creative space or time. You don't have to process or understand all the delusions of the false self; you simply have to acknowledge them, have compassion for the part that feels stuck there, yet not tolerate its indulgences, and then bring it to a better place. In time, the delusions and lies will dissolve and those parts will be elevated and unified into a greater self. **The process is simple; the practice is demanding but very effective; and the effects are profound.**

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Glimpse into Vertical-Awaring

In the mind of *vertical-awaring*, **you know that life never happens to you, but always happens for you.** Occultly, life emerges through *sacrifice of higher consciousness that pours out its essence to birth new consciousness that can behold it.* So the very nature of life is a sacrifice for you to reach enlightenment! Whether you actually are cause for some challenge in life, or whether you are 'allowing' someone else to cause things in your life is irrelevant; everything can be used to deepen self-revelation and awaken to greater power. In *vertical-awaring* you do not have to know what to attribute dysfunction to; the only objective is to embrace, release the old and surrender to a higher level of being that moves to greater wholeness.

You cannot know the One within in compromise and lie. You move into truth by serving truth alone. You no longer answer to anyone but your divine nature. You learn to bring everything into *at-one-ment*, and thereby do you atone for the lies. No longer denying the shadow elements within, you allow them to be illuminated no matter what the cost feels like to the false self. In so doing, you move out of one-sidedness and special-interest of that false self, and into *spherical consciousness* or wholeness of your **true divine nature that resists nothing and becomes fearless in facing fear.**

Spherical consciousness is the transcendence of duality. You become the ever expanding sphere through deepening the center within...you have increasing presence and power by releasing resistance and filling out any one-sidedness or limiting perspective and become fully competent to meet whatever challenge comes your way. You avail yourself to the gift of life, and enter fully into reciprocity and harmony with creation and the Higher Beings out of whose sacrifice you were forged as well as the less evolved ones that await further forging by the light of your understanding and the fire of your soul. (More on this in the supplementary reading, *A Great Ecosystem based on Reciprocity*).

Understand that this happens gradually, but can be started right now. *Vertical-awaring*, with its non-resistance and tapping into deeper mind, is the path to get you fully connected to your Higher Self, which you can do no matter how bad life seems to you. And the more that you practice living from the observer perspective, the more acute will be your understanding of how life comes to meet you, the more attuned to truth, the more powerful at manifesting, and the more compassionate you will be with yourself and others in life.

I could teach you the exercise quickly because the process is fairly simple, but without the full background rationale and understanding, you will not believe that it will work and so will not do it conscientiously. And so you need to soak in these ideas and practice going deeper within. The Guy Finley talks provide wonderful guidance toward understanding/recognizing the lies of the scared fragmented parts, cultivating an observer self, and embracing life without resistance so that your deeper self may be revealed. The O'Donnell audios provide the mind training to reach the deeper states within, so that the observer mind can plunge into the depth of being and bring forth the illuminating vibrations that restore wholeness.

Through repeated practice in going deeply within in meditation, you will learn to access those deeper states at will in the course of daily activities. The written material brings it all into a coherent whole and presents practical and effective resolution for any challenge that is in your life. And from that as basis, we will explore further how to attune to even higher powers within and engage life from the mind of your Higher Self in achieving more powerful manifestation and accelerated awakening. Everyone can master the technique and wield the power of vertical-awaring in life. If you will do the program conscientiously, you will be amazed at how dysfunctional your thinking was before!

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Necessity is the mother of invention, and I discovered the process of *vertical-awaring* out of necessity to navigate through personal challenge. At the same time, I came across the O'Donnell audios and these helped me to go deeper. Interestingly, he also explored the planetary state and found much the same as we did in our exploration in the course of 2010-12, and also concluded that the way forward was to plunge within.

The most poignant discovery that I made with the VA method was a level of opacity around my core self, to which *all* dysfunction could be traced back. I could feel how it dampened efforts at self-transformation, and kept me from being totally unconditional in life. It was subtle, but there nonetheless. And I realized that this is the subtle effect of the original wound of separation that prevents most of us from moving into Higher Self consciousness.

We all learn to hide our essential nature at some point in childhood. And so we develop an opaque membrane around our core self, and learn to 'read' others and adjust our behaviors accordingly. So much of what we do is then a process of manoeuvring and positioning so that we are accepted and safe, and soon we too are operating out of the lower ego.

As I began the process of releasing more and more of it, I noticed that my feelings started to run deeper, compassion increased, as did openness and humility. Furthermore, with greater 'core power' came increased clarity on the disruptive patterns that I had been blind to. All this will unfold for you as you use the method daily. You will uncover what you had been blind to before. What remains hidden within us we bind others to through projection, and that is how we sustain the illusion in this realm. Mastering VA will therefore change those around you as well, as you will co-create a more expanded *interactional* field with them.

The mind of *vertical-awaring* seeks transparency of this core essence. It seeks to become transparent to the true self and more and more like the angel who is spirit-filled when at rest. It seeks to surrender the lower ever more deeply so that the pure *diamond* essence of the soul may finally shine forth and begin to grow through ever higher experiences in life.

As I was choosing audios from the Guy Finley collection for this course, I found one that speaks to the above experience directly (*The Power to Remove Pain from the Past*). It was not my favourite because it is rather dark stuff, but it so captures the process of healing that occurs when you practice the vertical-awaring method. And the beauty of VA is that you do not have to seek out all the lies you have lived by...they will find you in the unease, anxiety, and upset that you experience in daily life. The causes of those emotional reactions are what Finley refers to as the '*stains that will not go away*', and the resolution is to bring light to them so that your true nature can be revealed.

The VA method is a process that allows the living light to work on the darkness or unconsciousness within us, bringing the opposing forces of good and bad together on the spectrum of reality, where they can serve the perfection of the Divine Plan for a higher order of being.

Cultivation of effective vertical-awaring is a process that will unfold to deeper levels over the course of the full program. The exercises from weeks 1 and 2 will establish new understanding and entrain the mind to go deeper, and then you will be ready for vertical-awaring in week 3.

Appendix A

Our Life Reflected Throughout the Cosmos

As I was working on this material I had a very interesting dream. (By the way, dreamtime is an untapped resource that can be used to accelerate awakening and manifestation, and you will learn ways to do this in the course of this program.) It was just a snippet within a very ‘big dream’ and I almost overlooked this part!

...There were workmen in the basement of the house, taking things apart because it was in need of repair. And they came to me and said, “Madam, do you want us to use the mirror for insulation as before...it seems a shame because it really is a show-piece and not really meant to be hidden in the walls...” I was a bit overwhelmed because so much was going on at once (very big dream), that I did not answer yet as my attention went elsewhere. But I saw the mirror and it was a rather imposing column of many facets, and I knew that it was somehow a treasure from which great things might be discovered. I wondered how it got behind the wall...but as I said I was preoccupied with other things.

Every aspect of the above scene has so much meaning, but I will just touch upon some of it in the context of this discussion.

When I woke up and examined this dream snippet, I realized that when we avoid really examining our life, we are hiding the ability to self-reflect, and thus hiding the mirror to insulate ourselves from the truth. There are many facets to self-reflection, and these are captured in the many senses that provide different perspectives that can flesh out understanding. And in this regard, the mirror is a treasure...but it was also described as a showpiece, which is something to be displayed in full view, and from the impression that it made on me it was quite a startling piece whose function or power had yet to be discovered. So clearly, life is no simple mirror...but much more. And a thought popped into my mind and my whole being responded vibrationally...

Not only is life a gift for the indwelling consciousness, but also a gift for the whole of creation. And when your life is a celebration of consciousness, it rays out for all beings to behold and expand by the light of your self-reflection. I elaborate on this very important understanding in the supplementary reading, ***The Great Ecosystem based on Reciprocity and Sacrifice***. Life and consciousness within it is indeed the greatest wonder and mystery.

We ignite one another through the revelation of self that pours out into our lives in some manner. As we self-reflect in the mirror of light and become illuminated, this pours into our life that radiates out into the world...As we become illuminated, our light is reflected in the mirror for all to see, and this in turn awakens and illuminates others. Our life becomes a showpiece—not for what we accomplish but for what we are that is reflected in what we accomplish. When you engage life as a self-reflecting mirror and transform

and radiate that out to the world, your life becomes an inspirational light to others that awakens them to who they are. And as this happens to an ever greater degree, your human self and Higher Self merge as a unified power.

¹ Tulshi Sen. Ancient Secrets of Success. P. 106

² <http://www.kktanhp.com/>

³ Rudolf Steiner (1861 – 1925) was an Austrian philosopher, social reformer, spiritual scientist, seer, and founder of anthroposophy. He brought esoteric principle into education (Waldorf schools), farming (biodynamics), medicine, curative therapies (eurythmy), and established a true science of the spirit. He devoted his life to bringing in deepest understanding of the Christ Impulse because of its important to the future viability of mankind.

⁴ Tulshi Sen. Ancient Secrets of Success. Omnibus. Copyright 2005 by Tulshi Sen