
CONSCIOUSNESS©

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In the book *The Pleadians*, I suggested that the next paradigm of scientific study would be the **Science of Consciousness**—in essence, the study of *being* and *expressing*. More precisely, the study of the software of the brain, called the mind; as well as every part of the human body. More precisely, human consciousness is not solely localized around the brain but is existent in every part of the human body, and is unlimited in expanse as an individual is willing to explore. The study of being involves an in-depth experiential understanding of the human psyche that results in wisdom. I define wisdom as an in-depth understanding, empathy, and compassion for the human experience. The *nature* of being *is* expression. For example, a manifested form, which may be solid, liquid, or gas, is a state of being. Therefore, these manifested forms are simply “*congealed consciousness*.” Examples include air, water, plants, animals, and humans. *In essence, everything that exists has consciousness.*

I define consciousness as “*a field of intelligence*,” which is simply the ability to *express* in some organized or structured way. For example, when the body experiences a minor injury—a trauma bump to the knee or a cut finger—those injured body parts “know how” to “cure and heal” themselves; with little or no conscious assistance from the injured individual—because of the inherent localized intelligence in those body parts. Therefore, *curing* is local and *healing* is holistic, since the latter includes body, mind, and spirit. Although consciousness is unlimited in expression, it is limited by the form it expresses through. If it expresses through a flower, it has the limitations of a flower; through a bird, the limitations of a bird; or through a chimpanzee, the limitations of a chimpanzee.

Practical Application: If consciousness expresses through a human being, it has the limitations of a human being. However, some human beings are more receptive than others in inner exploration, therefore, they can perceive more, experience greater possibilities, and live their lives seemingly with little or no limitations because of their ability to access a greater expanse of consciousness. It simply depends on the size of the “channel” they create for consciousness to express through. The *only* limitations are *self-imposed* limitations—both conscious and unconscious. Opening one’s self to in-depth inner exploration opens a world of possibility that is unimaginable to most of us. I remember years ago when I attended a business seminar and the facilitator said, “It takes the same amount of energy, effort, and endurance to win a million dollar contract as it does to win one for \$1,000. It all depends on how big your thinking (consciousness channel) is.” I have never forgotten that statement.

ABSOLUTE PURE CONSCIOUSNESS

The question I would like to address at this point is “What *precedes* consciousness as being and expressing?” I suggest Absolute Pure Consciousness, which simply *is* and *always* in terms of having no beginning—or an end for the matter. Congealed forms of consciousness do have beginnings and ends, in specific forms. For example, even though the body dies and disintegrates from its solid form, its consciousness simply transforms to a different (manifested) state. We must keep in mind that time is a term defined by humans to be consistent with our *uniquely created* form of science and the way we organize and interpret our experiences and events we observe. (I will expand upon this statement later in our conversation, but for the present, we will focus on Absolute Pure Consciousness.)

Absolute Pure Consciousness has no form, size, or consistency. It is infinite in our way of thinking. *It is pure absolute potential.* (It obviously defies accurate human description in terms of words.) *It is a uniform field of potential. As an event outside of time,* when a “disturbance” or a “tear” occurs in Absolute Pure Consciousness, being and expression are the result. These may occur in an infinite number of ways, depending on the “source” of the disturbance—whether spontaneous or casual. *I assume* Absolute Pure consciousness has **awareness**—from a universal perspective—of any form that is manifested.

An Aside: The *nature* of Absolute Pure Consciousness is *expression*. To inquire why it expresses, who causes the expression, or when does consciousness express are all *nonsensical* questions.

Therefore, Absolute Pure Consciousness is *Ultimate Source* of all that exist, and is obviously transcendent to space, time, dimension, or any other human-created scientific or philosophical concept or measurement. Descriptions such as all-knowing, wisdom, or all powerful are irrelevant in characterizing Absolute Pure Consciousness, since descriptors *only* apply to manifested forms of consciousness—not Absolute Pure Consciousness, the Source. Most of all, all of these descriptors are human-created terms. Absolute Pure Consciousness simply is.....a field of potential, possibilities, and probabilities as well as whatever inverses of these that can be conceived of in the mind of the one contemplating its dimensions. i.e. consciousness includes all things that are, were, will be, have never been, will never be, could have been, would have been, and even the so called "should have been" ad infinitum.

Practical Application: There are literally an infinite number of expressions of consciousness between Absolute Pure Consciousness and human reality. Exploration of these realities or ways of being is limited *only* by the size of one’s channel; obviously, the greater the expanse of exploration, the greater mastery of the human plane of existence. The real question is, “Are you willing to take a leap of faith in yourself or do you need Newtonian-Cartesian science to verify first that it is okay for you to explore your inner self for unlimited possibilities?” The caution is that much of what you already

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believe will be invalidated. So there will be no excuses for your failures or your successes for that matter—except you! You will be exploring, *in reality*, the realm of 100% personal responsibility and 100% personal accountability for the events that occur in your life. The most important thing to understand is that in this realm of thinking, “*You literally create your own reality.*” This statement is either extremely threatening or extremely freeing.

Consciousness and Human-Created Science

Human-created science—whether Newtonian Cartesian, Relativistic, or Quantum Mechanical—is localized, in conception, to the Planet we call Earth. Although it can be applied to physical phenomena as far as our observations are consistent with our presently existing formalisms. Written or explanatory science is the unique way we have attempted to characterize and explain our experiences—primarily through experiments. The diagram below is vital in understanding the statements I am proposing.



The first realization is that each of the domains above is *independent* of the other—that is; they are *discontinuous*, not continuous. They follow each other in our attempt to “make sense” (and predict) the world in which we live. An *Experiment* is simply a spontaneous or planned occurrence. Spontaneous, as caused by nature, such as lightning striking or planned as a laboratory experiment, involving mice and sometimes people. (Smile)

In order to *understand* a phenomenon, we spontaneously or we indirectly *experience* it. We use our eyesight to observe a lightning bolt and our hearing to subsequently experience the sound wave resulting from that natural phenomenon. For events beyond the resolution of our visual or auditory senses, we create instrumentation that *substitute* for our sensory limitations; such as oscilloscopes, lasers, or sonar. In any case, we *experience* phenomena directly and indirectly depending on its nature. The important point here is that our *experience* of a phenomenon is **not** the occurrence of the phenomenon itself. *It is simply an **experience** of the **experiment (or phenomenon)**—whether spontaneous or causal.*

Based upon our experience, in Box 2, we *create* (or make up) an explanation. The explanation is usually based upon consistency with our previously created scientific

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formalisms or the result of a “flash of insight” into a “new” or “different” explanation. This is the realm of written science. As our *Experiments* and *Experiences* become more sophisticated, so do our explanations—often shrouded in mystical mathematical symbolisms that defy ordinary human understanding. Thus, “genius” emerges. The important point here is that the explanations we create (call scientific explanations) are **not** a “true” characterization of what is going on in Box 1. *There is no truth in science, only explanation of experience derived from phenomena occurring in Box 1.* The quote by Werner Heisenberg (one of the key creators of quantum mechanics) appears to confirm this statement:

*“What we observe is not nature itself, but
nature exposed to our method of questioning.”*

Practical Application: To the extent an explanation allows us limited understanding and predictability of our observations of the material world, we *are* afforded the knowledge and technology to improve the quality of life (and exploration of the universe) such that human survival is no longer an issue on the Planet we call Earth. Although the way we have collectively organized and functioned, survival does *appear* to be reality for most of us.

However, along with the advancements in technology comes the potential to simultaneously destroy the human species—overall, through destruction of the environment that supports and sustains us as well as a rudimentarily developed psyche in utilizing the science and technology we have created. In simple terms, our *collective* ability to responsibly and constructively utilize the science and technology we have developed is light years behind our ability to produce them.

CONSCIOUSNESS AND THE HUMAN PSYCHE

We have become *Masters of External Exploration*. Yet, we remain, collectively, *Infants of Inner Wisdom*—playing with very powerful toys that are the result of our dominantly relentless quest to play destructive, never-ending games involving science and technology. The challenge we face is the process of bringing the two into some sensible balance, which requires that we become “*Astronauts of Inner Space*”—or exploration of the human psyche to discover what is it about our collective human programming that automatically assumes differences in such programming (sometimes dramatically) is a threat to our individual and collective survival. These differences include physical appearance, religion, philosophy, language and culture, and ultimately, differences in the way we interpret each other’s’ thinking and behaviors.

The first question is, “Have we accurately described the source of our divisiveness,” and the second, “Have we explored differences in sufficient depth that such an exploration may lead to constructive resolution”—bringing our “inner” and “outer” consciousnesses into compatible balance. If so, then the phenomenon we call *Diversity* is the most important unifying force of the 21st century.

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The greatest impediment we face, as a species, is that exploration of the human psyche can't be characterized and measured consistent with the currently accepted paradigms of "physical science." It is fundamentally the study of the "non-physical" world with its own formalisms and definitions and competencies and skills. Therefore, the material world of science views such an exploration as a threat to its dominance and credibility. The result is to discredit such exploration as "not real." Real is only those phenomena we can see, feel, taste, hear, and smell. (Obviously, the five senses in extended forms of sophisticated instrumentation.)

However, *underneath* this barrier, the **real** challenge is how **we** will have to "change," individually and collectively, as people. That is the real challenge we are protecting. The accurate word is "transform" of our present human programming to embrace a greater understanding, empathy, and compassion for others' way of thinking and expressing. In a *dominantly* competitive, survival-driven world, the most important key to survival (of one's way of valuing, believing, and behaving) is to be "right." And others are automatically wrong and/or inferior by one's own measuring stick.

Practical Application: If you give yourself permission to explore the metaphysical senses you possess corresponding to your five physical senses—hearing, feeling, tasting, seeing, and smelling—you will open yourself to explore a world of new possibilities corresponding to your naturally existing metaphysical skills—clairaudience, clairsentience, clairsavorance, clairvoyance, and, clairscentience. Mastery of one or more of these metaphysical skills allows access to unlimited creativity, wisdom, and infinite possibilities. Scientific exploration of the human technology for such inner exploration **is** the Science of Consciousness.

THE STUDY OF CONSCIOUSNESS

The study of consciousness that I refer to here is really the study of *human consciousness* in order to learn how we might *collectively* transform from humans to *human beings*. It is the study of the non-material world of the human psyche. A good analogy is the relationship of a computer (which stores, processes, and retrieves information) with software programs (which direct non-physical files, libraries, and scripts) and the *brain* and the *mind*. It is probably not accidental that we have invented a computer and software that resembles ourselves. This realization provokes a question, "*When we study scientific phenomena, **who** or **what** are we **really** studying?*"

*Natural science does not simply describe and explain
(our perception of) nature, it is part of the interplay
between nature and ourselves.*

Werner Heisenberg

Practically everything that has credibility in scientific study of the psyche today involves *probing* the brain. Why? Because it is a solid, physical mass that can be probed,

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measured, and stimulated with our present level of instrumentation. These explorations also follow the “laws of physical science”—and are therefore credible in terms of our measurements and explanations. The explanations are about what the “brain does” not how the mind (which is the software) is programmed to react or respond. I make a distinction between react and respond. Reaction is a conditioned, predictable, and largely unconscious cause and effect phenomenon—such as “pushing someone’s button.” To respond is to exercise choice as a result of greater awareness. The mind is where everything important is going on, not the brain. *The brain is just an incredibly large hard drive!* The signals that are measured from the brain quite often have their genesis, **indirectly**, from the programming of the mind. The obvious question is, “Why not study the mind (non-physical, but expressed consciousness) directly?”

Practical Application: The most obvious and immediate benefit of such a quest is that we may discover the knowledge and wisdom to avert the self-destructive course we are presently on. Second, we may create the “human technology” to explore the outer universe without the necessity of physical travel. Third, we may discover how to transcend the speed of light (superluminal speed) in exploring inner and outer space—and possibly discover where the two connect! The possibilities are endless. However, the most practical benefit is having greater mastery in living a conflict-free life, where you are truly exercising choice.

SPHERES OF CONSCIOUSNESS

As a modelled explanation, each individual has a sphere of consciousness. Inside that sphere is everything an individual has experienced and knows—it is his or her total reality. Therefore, there are approximately 7.5 billion unique realities on Planet Earth—and none of those are identical. This is the true definition of the term “ego.” Most, however, have a strongly overlapping set of values and beliefs in common, thus the formation of homogeneous territories—towns, cities, states, countries, etc.

The figure below illustrates a sphere of consciousness with various radii and diameters. The greater the diameter of a shell, the more expanded is one’s reality—and correspondingly, the more conscious the individual is. Expansion to greater diameters is the result of transformation from a more limited view of reality to one that is more inclusive—resulting in greater knowledge and wisdom. Each succeeding diameter within a given sphere of reality also represents greater mastery of operating within that reality. An example is the ability to acquire greater wealth, power, and influence over others.



A Survival Reality

Also notice that the sphere contains an inner core—shown by the cutout below. This core represents the values and beliefs *common* to ***all*** individuals who comprise this reality as the dominant way of being and behaving. (As I referred to above)



An example of a dominant set of core beliefs and values corresponding to the Survival Reality are the following:

- Scarcity
- Win/Lose
- Competition
- Separateness
- Polarization
- Information is Power

These values appear to be the *dominant* reality common to a majority of humans on Planet Earth. This statement in no way invalidates the many expressions of individuals who dominantly live according to a more compatible way of being. It simply suggests that they are a decided minority of Earth's influential population.

An example of a dominant set of core values and beliefs corresponding to the Compatibility Reality is the following:

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- Respect
- Equality
- Interdependence
- Collaboration
- Freedom
- Knowledge is Power

This sphere of consciousness is greater in expanse than the Survival Reality—corresponding to greater understanding, empathy, and compassion for other humans. For example, within the Survival Reality, a conflict involves only two points of view of which one is wrong and the other right. Resolution usually involves a compromise transaction, for which neither parties are satisfied. Therefore, another conflict is inevitable—which is typically resolved by force, such as armed conflict.



Compatibility Reality

Within the Compatibility Reality, conflict is simply viewed as two points of view of which both are valid. Resolution involves *transformation* by one or both parties to create a more expanded, inclusive way of thinking. Transformation is the process of expanding one's sphere of consciousness within a given reality to compatibly include both. The “apparent” dichotomy of *Creationism* versus *Evolution* is a good example. Resolution is achieved by the realization that both are simply *explanations* of observed phenomena. Since we identify Newtonian-Cartesian Science as truth, then Creationism must be false. However, if neither explanation, individually, is what actually “happened” in Box 1 (page 4), then both are simply equally valid explanations of the observed phenomenon we call Earth. The question becomes, “How do we create an expanded explanation that compatibly embraces both?”

Practical Application: The purpose of compatible situations is to live your life with greater understanding and harmony, so that you are free to focus on activities that provide you greater joy, happiness, and wisdom. Examples include expressions of love, compassion, and support for your family and relatives—and ultimately others within your world; expressions of your passion in life that is truly fulfilling to you; and ultimately, expressions of your contributions to the world. Expressions of separateness, polarization, and external competition tend to minimize expressions of joy, happiness, and love in a person’s life. The practical application to your life is captured by modifying the quote of Saint Thomas Aquinas: “Seek first to openly understand others, and then decide how their way of thinking and yours might be compatibly inclusive.”

CONSCIOUSNESS AND ALTERNATIVE REALITIES

Within an individual’s sphere of reality, there are many ways an individual might “be”—depending on a person’s sphere of consciousness. Events such as a disagreement, necessity to change, a painful experience, or a realization can result in a transformation from one *way of being* to an expanded *way of being*—a discontinuous jump to a more expanded “shell of consciousness.” Such a transformation commonly reorders one’s interpretation of their experiences, and correspondingly their behavior. The result is an expanded sphere of consciousness to take in more of the world that was previously outside of his or her reality. The **opportunity** in life, therefore, is to consciously take in more and more of reality that did not previously exist within one’s sphere of consciousness.

The transformation in one’s way of being is referred to as accessing an alternate reality. Once consciousness has expanded, it can never go back to its original dimension. It is a permanently expanded and more inclusive change in the way we view reality. It is also obviously more compatible. An individual gains greater understanding, skill, and wisdom for operating in a dominant reality—and is more skilled in acquiring that reality’s symbols of success.

If a discontinuous set of expanded spheres of consciousnesses are available that lead to greater human understanding why don’t we all naturally grow into them? Great question. Answer: It appears to most of us that “inner exploration” is “too hard” to do—especially on our own. This assumption is, in part, true since one’s mind can lead one in circles, ending up where one began. *The mind has a mind of its own*. It views personal transformation as a threat to its own survival—as it is presently constituted! In other words, your mind is smarter than the conscious you, who thinks it is really running things.

However, underneath this day-to-day human drama, there appears to be a more compelling driving force that is *inherent* in each of us. That driving force often **compels** us to experience events, situations, and explorations that have the potential for dramatic, and sometimes traumatic, transformation. For example, feelings, emotions, and passion do not follow the rules of society or the logic of the mind. They often lead to situations involving loss of political credibility, office, or influence; loss of one’s job; and

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more commonly loss of one's marriage. The point is these can also be significantly transforming events.

In the case of passion, an individual may experience a driving force that appears to take control of his or her thinking and behaviors. Such a revolution in thinking (psychology), believing (religion), or the human condition (societal organization) appears to be transcendent to the mind—and fueled by an expanded sphere of consciousness.

The result of this type of transformation is a person with a radically different reality of life—compared to survival. Those “quantum jumps” allow more of consciousness within that person's reality and a significantly altered way of *being*, *thinking*, and *behaving*. Such a transformation is shown by the reality on the following page.

A “quantum transformation” beyond Compatibility is defined as Spiritual Reality. It is characterized by the following core values:

- Abundance
- Connectedness
- Exploration
- Service
- Oneness
- Wisdom is Power

Spirituality is defined as that which comes from within, beyond what you have been taught (or read) to believe or value. This reality is more expanded than Compatibility.



Spiritual Reality

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The expansion (or transformation) of an individual's sphere of consciousness may also occur by opening one's self to other forms of existing consciousness—many greater in wisdom than one's own state of being. Since consciousness has no limitation, an individual is only limited, in expression, by how much of expanded consciousness he or she will to allow into his or her presently existing reality. Hence, the concept of channeling as a determination of the *throughput* an individual is willing to allow—both consciously and unconsciously. The size of one's channel is in direct proportion to his or her ability (more precisely willingness) to explore consciousness—which is synonymous with the creative process, or the conception of an idea, concept, or solution. The reason we do not freely explore this source equally is because of Picasso's observation.

*“The act of creation is simultaneously
the act of destruction.”*

In this case, destruction refers to a presently existing belief or value about reality. The further the exploration, the more important the belief or value that will be invalidated. Oftentimes, the mind “knows” and prevents this danger in advance. This is true of those of us who claim we want to be more creative, but have no real *intention*. Now we understand the problem of “creative messengers,” such as Copernicus, where he was suggesting to invalidate Earth (and by proxy, humans) as being the center of the universe!

Practical Application: The dichotomy here is that creative change is a necessity for continued human existence—right down to the personal level. So the deal we cut is to change the least amount in the longest period of time. The assumption is if we hold desperately to the past, we'll be okay. Recognize that external change requires creative adaptation in our way of being, thinking, and behaving or we'll simply be washed over by the “sea of change.”

Take a moment to examine aspects of your life where you find yourself desperately holding on to what worked in the past that is the source of present conflict in your life. Then ask yourself, “What is a more inclusive way of being, thinking, and behaving?” I guarantee you, if you ask this question with openness, conviction, and intention, the answer will come to you with blinding speed. It will also appear, at first, to be totally unreasonable. That is a sign that you have the appropriate answer for you. (Time for you to change!)

Rings of Consciousness

If we take a cross-section of a sphere of reality, we create rings of consciousness, as shown below. Using rings of consciousness makes it easier to explain the dynamics of what goes on within a given sphere of reality and its relationship to other realities.



If we begin with the Survival Reality (page 7), the core values (page 8), at the center, characterizing this state *did* exist for humans at an earlier time in our history. They represent the rings near the core. At some point in our existence, this was no longer the case, on the physical level. That is, we had handled food, shelter, and clothing such that they were not a threat to our continued existence, corresponding to the lighter colored levels.

At some point, we also collectively began to view each other as a threat to our existence—and we behaved accordingly. Then we began to view our different ways of believing and valuing as a threat to our separate existences—with the intensity of physical survival. This is the state we find ourselves today. Except today we have developed the technology and the mind-set that has the potential for our total collective annihilation. These different states of being are represented by the rings of consciousness that progressively move further from the center.

Then there is an extremely small population of the planet that recognizes the illusion that differences in values and beliefs are not a true threat to our physical survival. Recognizing there are still situations of human survival, albeit **created** by humans, and not by nature or its inhabitants, these individuals are **neutral** about most values and beliefs. These are individuals who have essentially “mastered” the Survival Plane.

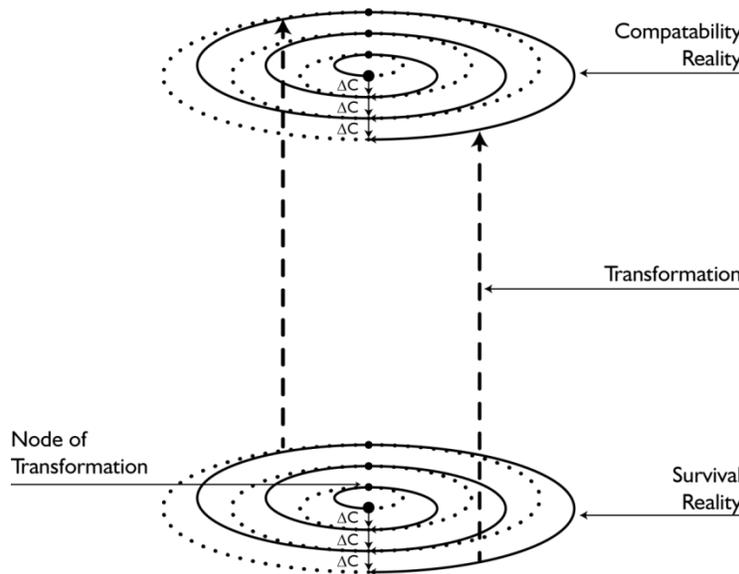
The process occurs by the discontinuous transformation from a smaller ring to a larger ring of consciousness. These transformations occur by challenging life situations, confronting a structured belief or value, and the spontaneous realization of an insight from literally nowhere! They also occur consciously through a dedicated process of self-mastery resulting from personal growth.

Practical Application: The opportunity presented by human existence is to acquire progressively larger rings in order to come to the realization that physical survival of the human species has been achieved.—both individually and collectively. In spite of this *reality*, we continue to live and organize our societies dominated by the driving values of money, wealth, control, and power over others as not only the symbols of success and security, but tantamount to our physical survival—resulting in a skewed distribution of the planet’s resources. Once freed of this *illusion*, one is truly free to live a life dominated by a different set of values—corresponding to the Compatibility Reality (page 8).

HORIZONTAL AND VERTICAL TRANSFORMATIONS

I define a horizontal transformation as one that occurs within a given sphere of reality, as illustrated below. They occur through “nodes of transformation.” These nodes are less traumatic, dramatic, or threatening to one’s existing reality than the vertical triggers that result in the experience of a transformation to an expanded paradigm. They correspond to life’s daily conflicts, misunderstandings, and occasional confrontations that transform our view of reality as life’s adjustments—with co-workers, significant others, children, friends, and encounters with society, in general.

First and Second Order Paradigms of Reality



The circles represent rings of consciousness—the total intelligence, knowledge, and wisdom of an individual, a business unit, or an organization. In essence, the size of the ring represents an individual’s or an organization’s reality and their potential for performance. ΔC represents the increase in the consciousness—performance potential—of an individual, business unit, or organization as a result of a challenging event. A *node of transformation* represents a challenging event. Transformation is the “shift in thinking” from a survival-driven reality to a more open way of thinking based upon compatibility. (A “shift in thinking” is like a “quantum jump” in the planetary model of the atom. It is a discontinuity rather than a continuous evolution to the \ state of compatibility.)

The vertical transition is a more dramatic transformation to another reality. This transition may be temporary (but never forgotten) or permanent. It permanently alters one’s way of being. Once the compatibility reality is **realized** in this way, an individual can never **truly** go back to survival beliefs—even though he or she may pretend in order to “get along” with the dominance of society’s thinking and behaving. Others may not choose to compromise and they adopt a completely different context of life and life-style. For example, understanding, empathy, and compassion may become a

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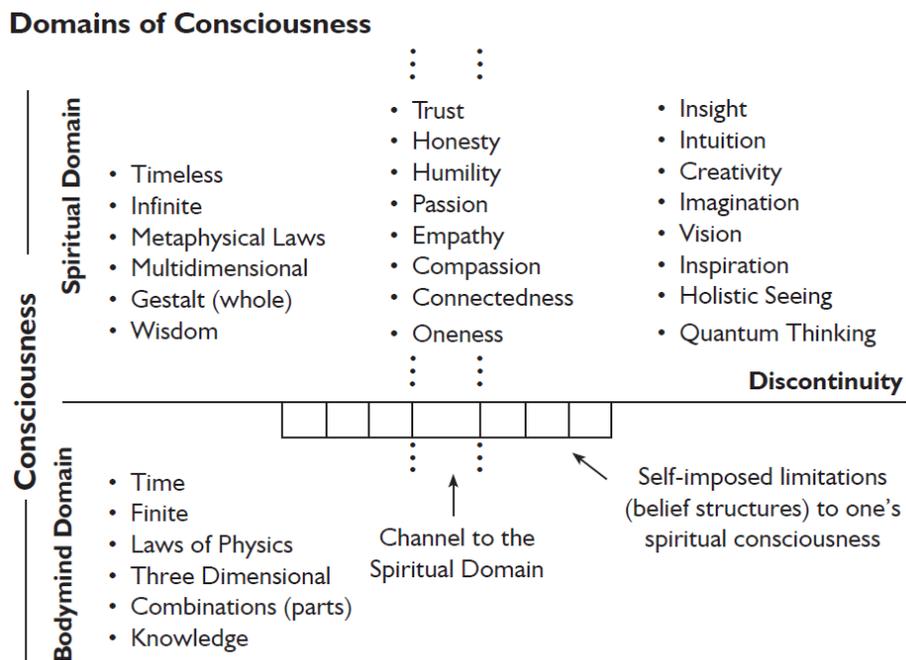
permanent way of being for someone who raises a disabled child, nurses an aging parent, or is disabled themselves.

Practical Application: Using life’s day-to-day “*bumps*” is an excellent way to experience personal transformation. When such a practice becomes a *way of life*, self-mastery sets in as a *way of being*. Your relationships take on a whole new positive meaning and quality, your health and vitality increase in quality, and your performance in life experiences a quantum jump. And when a “*big, life-changing bump*” comes along it is an opportunity to experience a quantum jump to a compatible way of living—minimal stress, focus on the important things, and an extraordinary quality of life.

CONSCIOUSNESS AND SPITITUALITY

I define spirituality as that which come from within—beyond what we have been programmed to believe and value. These include both genetic and environmental programming. Spirituality is the inner source of wisdom that is reflected in values and behaviors which are both humanistic and performance-oriented. These values include empathy, compassion, humility, and love, as well as inspiration, creativity, and wisdom. One of the most common and profound **expressions** of spirituality is religion. In summary, spirituality is source and religion is human expression.

The figure below is the depiction of two domains of consciousness. Specifically, it defines the *bodymind* and *spiritual* realms of consciousness we experience as individuals.



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The bodymind consciousness is governed by the laws of physics and the measurable concrete world. Spiritual consciousness is associated with the non-physical world governed by metaphysical laws. The discontinuity line that separates the two realms of consciousness is typical of an individual who has not integrated the two domains of consciousness—primarily, through in-depth personal growth. The arrow describes a channel to the spiritual domain and represents the extent to which integration does or does not exist. The wider the channel, the more a “spiritual motivation” is an inherent part of an individual’s life experiences. An example is an individual who is understanding and tolerant of the shortcomings of others.

Two vitally important points I would like to make here are the following:

- 1) Words, principles, or values *do not* exist above the line—only life-changing spiritual experiences.
- 2) After having a spiritual experience, we return to the bodymind realm and “express” that experience in some form, such as writing, emoting, sharing, supporting, or just realizing the shift in our state of being.

In describing such experiences, we might recall the quote of Jiddu Krishnamurti, the famous East Indian philosopher, ...what lies *beyond* cannot be put into words because “*the word is not the thing*”... or the Polish-American scientist and philosopher, Alfred Korzybski, who remarked “*the map is not the territory*,” expressing his view that many people confuse an abstraction of reality with reality itself. *In other words, there is no such thing as spiritual principles or statements.*

I would *suggest* that the greatest value of such expressions is to remind us that words serve as “**vehicles**” for others to have their own, unique spiritual experiences—and their unique, corresponding transformation. This is the true essence of spiritual and personal transformation, above and below the line, respectively.

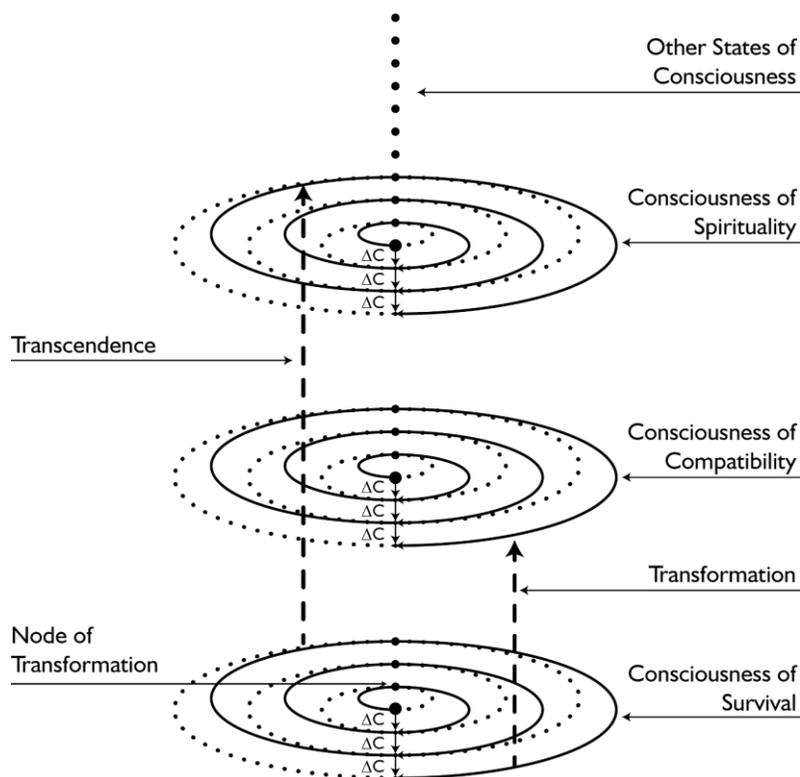
Practical Application: Where the workplace is concerned, it follows naturally that when we support the success and well-being of others, with no expectation in return, it is a spiritual act. Therefore, the most common *expressions* of spirituality in the workplace are both humanistic and performance-oriented. For example, the humanistic principles of diversity and inclusion are spiritual in nature—such as respect, equality, openness, fairness, integrity, and support—when practiced unconditionally. In a like manner, performance-oriented values include empowerment, teamwork, mentoring, creativity, and high performance. *Small acts of kindness*, done with authenticity and no expectation in return are simultaneously *small acts of transformation* that result in quality relationships.

CONSCIOUSNESS AND HEALTH, WELLNESS, AND WELL-BEING

The consciousness of an individual, family, community, city, state, country, or planet is the source of the health, and wellness of each of those entities, in terms of a person or people. As our increasing descriptor sizes are involved, the smaller sphere or ring of consciousness is *subject* to the consciousnesses of the larger sphere or ring. In other words, a natural discontinuity or conflict exists between them. Their “realities” are not in coherence. Therefore, spiritual, mental, and ultimately physical conflict and malfunctioning of the bodymind consciousness is inevitable. In essence, conflicting states of consciousnesses is the source of illness or malfunctioning of the human body. The specific manifestation is unique to each individual’s physical imperfections and/or vulnerabilities, resulting from both genetic and life experiences—which can be known through deep, inner exploration. Therefore, personal mastery resulting from inner exploration is the most powerful preventative care for healthy body functioning and high performance.

The key to health, wellness, and overall well-being is mastery of self with respect to any and all spheres of consciousnesses one (regularly) experiences. Mastery is a *state of being* achieved by the systematic *process* of resolving the “sources” of conflict through transformation or transcendence. Transcendence is transformation beyond the bodymind consciousness.

Transformation and Transcendence from Survival to Compatibility and Spirituality



Practical Application: It is vital to understand that medication, medical procedures, and the varieties of health-related modalities are remedies to relieve symptoms and pain. They are of tremendous value in relieving pain, removing malfunctioning body parts, and mental, physical, and spiritual ailments. The ultimate source of healthy human functioning is a commitment to practicing self-mastery—personal growth.

Corrective approach: use everyday conflicts with your primary circle of people for permanent resolution. **Proactive approach:** Use small *acts of transformation and appreciation*© to express caring for everyone who enters your sphere of living.

Advanced approach: integrate spirituality into your day to day living using whatever philosophy connects with you.

CONSCIOUSNESS AND BECOMING A HUMAN BEING

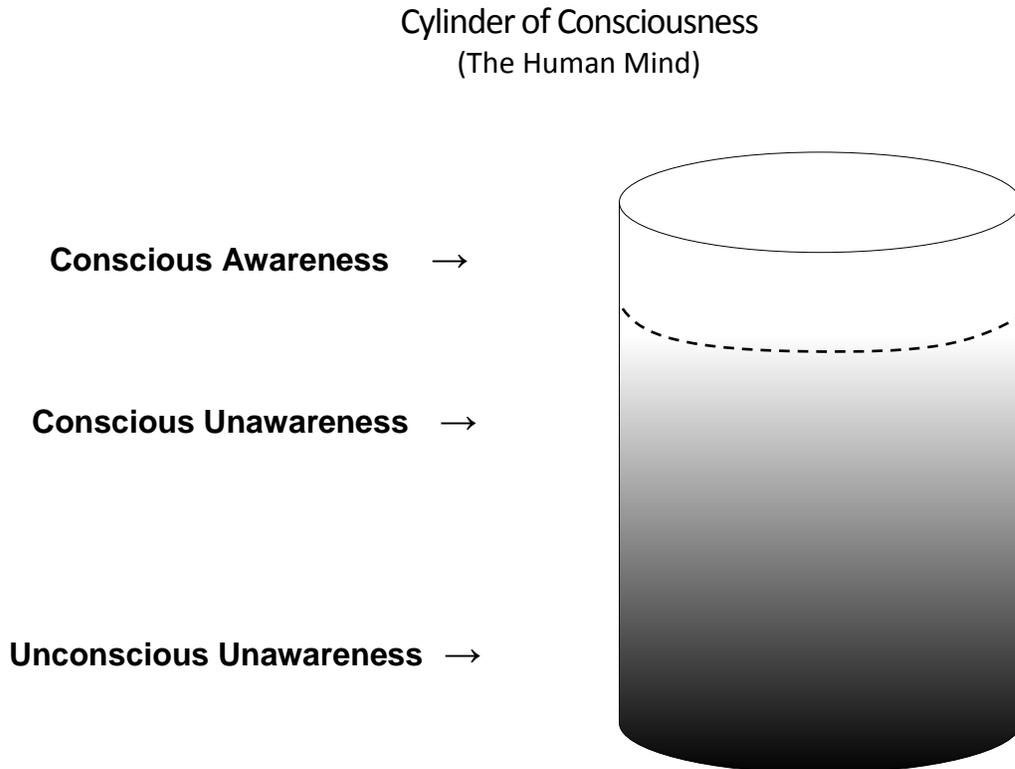
I define a human being as a human who has gained the wisdom to live compatibly with others. This is a process rather than a destination. It is a life-long, learning commitment to achieving peace *within* one's self and *with* others we encounter, depending on our sphere of exploration. A critical mass of humans is necessary to create a planet dominated by *compatibility* rather than *survival*. This transformation is challenging to achieve since most of our systems of existence are based upon competition, power, and control of others. The necessary underlying emotion is **fear** of each other—consistent with a survival-based paradigm. And ultimately, fear of the mind gaining the wisdom to invalidate programming that has no basis as a physical threat to the reality we experience.

Coming to the realization that an authentic threat to human survival (other than ourselves) is a total illusion, is the **essential** transformation for becoming a human being. Such a realization tends to shift the dominant focus of being a human from the acquisition of monetary resources and material goals, to *supporting* each other, *exploring* expanded levels (spheres) of consciousness, and *experiencing* and *expressing* potentials far beyond our present unilateral focus on Newtonian-Cartesian science and technological advancements—which is a game without end with little or no expansion in human consciousness.

Practical Note: Opening to personal growth, through human transformation and transcendence, as a way of life, creates a new day-to-day richness of the human experience. (This is an experience one has to discover for one's self, not because I state it.) The desperation of scarcity, competition, and fear are minimized, but rarely totally eliminated in one's life.

CONCLUSION

Life, and every thought and activity within it, is dictated by Consciousness—both, with conscious awareness and without conscious awareness. Unfortunately, most of us believe we are dominantly aware of why we do what we do—when, in fact, it is just the opposite.* The Cylinder of Consciousness diagram shown below illustrates this statement.

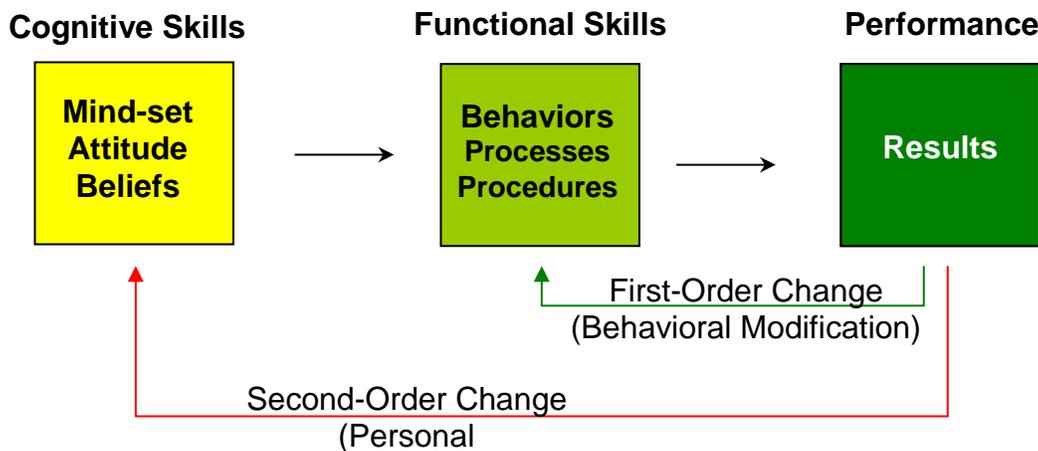


Conscious awareness of about 20% is considered to be characteristic of a fairly enlightened individual. *Conscious unawareness* is the (sensible) acknowledgement that a continuing conflict or problem is sourced by an underlying belief or perception for which we require facilitation or coaching for resolution. *Unconscious Unawareness* is revealed either by an external event or an astute observation by someone else. (We don't have a clue that we don't have a clue.) In spite of these levels of unawarenesses, they do play out in terms of what and how we experience life on a moment-by-moment basis.

*Psychologists and brain researchers suggest that, on average, we are only 5% to 15% consciously aware of why we do the things we do.

These thoughts and activities—attitudes, behaviors, processes, procedures—dictate practically all of the outcomes we observe and experience in life. For example, if we were to turn up the volume on our thoughts, we would discover that we have an opinion about everything and everyone in our sensing range, mostly unconsciously. With some degree of introspection and preferably facilitation, we would also discover dark secrets about our biases, prejudices, and motivations that we consciously have no clue about; but which are occurrences for which we have no sensible explanation. The diagram below illustrates the points I am suggesting.

STATE OF MIND DIAGRAM



Mind-set is the *localized consciousness* of an individual. The middle box is primarily about “doing” something or practicing a modality to improve one’s health or quality of life. We define these activities as first-order change. They are easy to observe, practice, and measure. Therefore, we focus most of our interventions on this domain for these reasons. Unfortunately, first-order change, in and of itself, is not permanent. It has the *potential* to provoke second-order change when an out-of-box, confronting activity invalidates a source belief or attitude. This process of *transformation* leads to a *realization*; and may occur instantaneously or over time. There is no replacement belief or attitude involved. What automatically replaces the invalidated belief or attitude is a *natural way of being*. This natural way of being is commonly given behavioral descriptions, such as, compassion, understanding, humility, creative, imaginative, etc., after the fact! The systematic *process* of proactively engaging transformation and transcendence is called personal mastery.

It is also possible to directly experience transformation and transcendence by confronting one’s personal programming in Box 1. This process may involve “*experiential dialogue or a life trauma*,” either facilitated or provoked by a challenging life experience, respectively. Facilitation is most commonly achieved in a workshop setting or an informal conversation, and provocation commonly occurs through a relationship confrontation (transformation) or an *existential crisis* (transcendence)—the loss of a

Consciousness

loved one, a near-death experience, a traumatic illness, etc. These are opportunities provided by everyday living to experience personal mastery as an integrated part of life.

In a stepwise manner, life allows us to explore (and confront):

1. Conflict (and resolution) within ourselves—the dilemma between the conscious and unconscious aspects of our individual mental programming.
2. Conflict (and resolution) between **our** mental programming and the mental programming of those closet to us, e.g., family and close friends.
3. Conflict (and resolution) between **our** programming and the community/city in which we dominantly live.
4. Conflict (and resolution) between **our** personal programming and the nation in which we dominantly live.
5. And ultimately conflict (and resolution) within **our** world community.

This *exploration* usually results in the *realization* that we are only “*one pin*” in the pin cushion. That convincing the world that we really have what’s of value to them is what we value, is not what human compatibility is all about.

Any item on the list above is the **source** of present and potential conflict that continually affects us mentally, physically, and spiritually. The key to resolution is obviously *reexamining* our programming for its validity in creating compatible, inclusive relationships. Most of all, we might realize that implementing an exhaustible number of processes, procedures, and modalities is an endless process of addressing **symptoms** characterized by—*the more things change, the more they stay the same!*

*“If you are a student of personal mastery,
then you have figured out the game!”*