

The Phenomenon of Consciousness

Study Guide for Online Meetings on PL 217

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Week 1: Consciousness Permeates Everything

Week 2: Three States of Consciousness

Week 3: Self-awareness begins at the human level

Week 4: A Timeless State of Being, With Awareness

Week 1: Consciousness Permeates Everything

Consciousness permeates all being, all creation, all existence -- everything that is. In your dualistic realm, you speak of consciousness and energy as if they were two separate phenomena. This is incorrect. Consciousness is a creator of energy, and energy must contain consciousness -- various aspects of consciousness, perhaps "variations" of consciousness as well as degrees.

There is no physical, biological, electrical, or atomic energy that could be anywhere near as potent as the energy of direct consciousness. By this I mean the energy of thought, feeling, intent, attitude, belief. This is so extremely difficult to explain to the human mind -- to the human state of consciousness. For the human state of consciousness is still an extremely limited one. By attempting to give you more understanding, that limitation can lessen and you can increase your awareness.

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Exercise 1a: Spend some time becoming aware of the *energy* of thoughts, feelings, intentions, attitudes, and beliefs that underlie conversations. Observe strangers having conversations where you can't overhear them. Watch a video with the sound turned off, and guess what is going on. Skillful productions often deliberately create discrepancies between what is said vs. the energy that is transmitted, expecting us to pick that up (even subconsciously) and be more wary of what is being said. When this is done clumsily (or without deliberate intent) viewers often feel irritated or confused – just as we might when getting ‘mixed messages’ from others.

Feelings are how we *experience* consciousness

Every thought is energy. You experience this energy as feeling. There cannot be a thought, even the most mechanical, dead, sterile, cut-off thought, that does not also contain feeling. Pure, abstract thought may appear as totally divorced from feeling content; this is not so. As a matter of fact, the more abstract and pure the thought is, the more the feeling must be commensurate with it.

However, you must also differentiate between cut-off thought and abstract thought. Don't confuse them. The former is a defense against feelings and undesirable aspects of the self. The latter is a result of a highly integrated, spiritual state. But even the former can never be divorced from feeling -- that is, energy content. The underlying feeling might be fear, apprehension, anxiety about the complexity of what the self suspects to exist and wishes to avoid; and concomitantly with that, self-hate, and a variety of other feelings, which you well know.

Abstract thought contains, as the underlying energy current, a feeling of immense peace, of an intrinsic understanding of universal law that is bound to induce joyousness and bliss. A purely

abstract thought would create this kind of energetic or feeling experience. The more subjective the thought is, the more tinged with negativity the feeling becomes. A subjective thought is one that is created from personal desire and personal fear, from a state of egotism and separation -- "me versus the other." It is therefore never in truth.

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Exercise 1b: Explore the energy within personal interactions in your daily life, just like you explored the energy of conversations between strangers or video productions in 1a. Notice any discrepancies between what you feel vs. how you interpret the spoken words. If/when you feel bored or irritated, consider that the speakers' intentions may not match what they are talking about!

Daily Review 1.0 from The Call PL 17

You can find out your true reactions about certain things, begin to pull off certain masks and pretenses, find out where you act against a [Spiritual Law](#) [PL 171]. It is like a puzzle you begin, when you cannot as yet see the picture; but if you are patient, you will succeed. Thus you will uncover your hidden anxieties and complexes which of course are responsible for your disease.

Let the whole day pass in front of your eyes, in your memory, and think of everything that has happened that has given you in some way a disharmonious feeling or reaction. No matter how wrong the other person may have been, the moment you have been touched by it, there must be something wrong within you. At first these incidents will appear entirely unconnected and isolated; they will be meaningless for you at the beginning. But later on, you will begin to sense -- at first, and then clearly understand, a pattern.

If you follow this through for some time to come, really faithfully (not just once or twice -- that will not do you any good) but regularly and faithfully for some time, you will, after a while, see a clear pattern coming out of it. Pray for enlightenment and guidance every time you conduct this daily review, [The Call](#) PL 17

Daily Review 2.0 PL 28 Graphic created by Shakila F

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

Track your daily experiences of disharmonies. After keeping logs for several weeks, see if you can find a common denominator.

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/ RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

Daily Review 3.0 from PL 56

Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

The Capacity to Wish: Healthy and Unhealthy Motives in Desire PL 56

Daily Review 4.0 from PL 60

Sincerely investigate your everyday occurrences, irritations, and annoyances.

Find out what in yourself responds or corresponds either to a similar characteristic (although perhaps on a quite different plane) or to the exactly opposite extreme of the person who has provoked you.

If you truly find the corresponding note in yourself, you will automatically cease to feel victimized.

Although a part of you enjoys just that, it is a doubtful joy. It weakens you and is bound to make you fearful. It enchains you utterly. By seeing the connection between your inner wrong currents and attitudes and the outer unwelcome occurrence, you will come face to face with your inadequacy.

Instead of weakening you, this will make you strong and free.

[The Abyss of Illusion](#) PL 60

Week 2: Three States of Consciousness

This relationship between you and the universe becomes increasingly more obvious as you discover yourself; as you become more honest with yourself; as you stop acting out. States of consciousness can roughly be differentiated into the following three groupings:

1. Consciousness without self-awareness, a timeless state
2. Self-awareness
3. Timeless state of being *with* self-awareness

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State 1. Consciousness without Self-Awareness:

Animals, plants, minerals, and inanimate matter fall under this category.

Even minerals have their growth and change processes, though much slower ones than the other categories. When consciousness creates in a certain direction, the life spark slows down and down until the energetic stream petrifies. It condenses into such a thick crust that the underlying energy is invisible -- not perceivable with the human eye. However, beings whose expanded state of consciousness makes them capable of perceiving more than the surface can observe very clearly the highly potent energy aspect within inanimate matter which has no manifest consciousness. But such beings can also perceive the consciousness content within this potent energy, the consciousness contained within the outwardly "dead" material.

This first and least developed is the state of slumber, where a being does not know it exists. It has no self-awareness. It can feel and move and grow, and, even to an extent, think -- but below the threshold of self-awareness, like a mineral or a plant. These organisms beneath the state of self-awareness have nevertheless in-built patterns of creation, self-creation which that particular organism follows through in a deeply meaningful, purposeful way always compatible with its particular lawfulness.

Take for example the life of a plant: it follows its own in-built plan. Something like this cannot happen "by itself," cannot be a dead, disconnected process. These states are states of consciousness, but not states of *self*-consciousness.

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Insert: a leaf may have an internal template about what 'wholeness' is, and respond to damage by replicating it. Similarly, some reptiles are able to regenerate body parts that have been amputated.

Hands of Light ©1987 Barbara Brennan
download at no charge from archive.org.

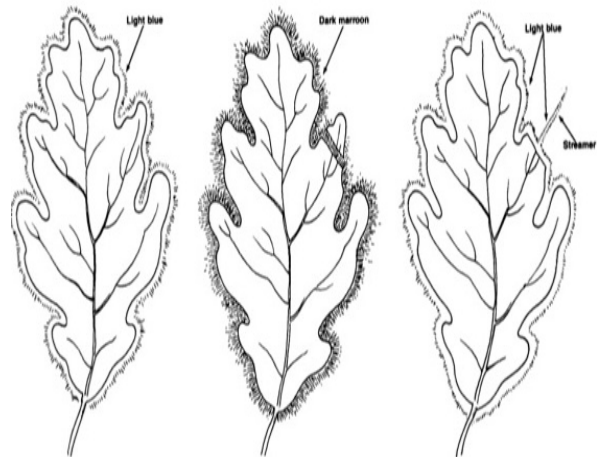


Figure 6-2: Check of Phantom Leaf Effect

Exercise 2a:: Consider that our bodies may have similar instinctive systems, that have consciousness but not active self-awareness.

For instance, your body 'knows' when anything is out of balance, and automatically self-correct ('heal') unless there is an obstruction such as a disease (or Ego-based refusal to rest, etc.)

Self-Awareness is the Last Stage of an Incarnatory Reunification Process

Here are the facts, as well as I can transmit them to you, at least in a condensed form: I have mentioned that in the Fall, a plurality came into existence from a unity. In other words, a splitting occurred. It is not only that the one being, the dual being, split into half, but as the Fall continued, the split multiplied and multiplied. And some of these part-souls became, as an expression, mineral, plant and animal life. Before the earth-sphere existed, these expressions existed in other worlds or other forms, and when the world of matter came into existence, these part-souls incarnated in these various forms. The higher the curve goes upward, the more these particle-souls unite again. For instance, the split is stronger in the mineral kingdom than in the plant kingdom, which is further split than the animal kingdom.

Questions and Answers PL 24QA

Long before fallen spirits were far enough to be born as men and women, the spiritual life force first acted and created other forms of life: animals, plants, minerals were at first without self-knowledge, just as a plant or mineral is without self-knowledge. But as time went on and on, and more and more beings came into this state of longing for light -- this would perhaps constitute the only feeling these beings had at that time -- gradually, very gradually man in material form came into existence through various intermediate states. When this happened, a major phase was accomplished. For this was the time when the first glimmer of self-knowledge was born -- or reborn, or became awake again.

The Fall PL 21

The spirit in his highest degree of development combines the male and the female aspect. There is no separateness. That man and woman exist on earth as separate entities is, as you will readily understand now, a result of this splitting. Lower developed beings, like animals and plants and minerals, are still in a state of further splitting or division. Man's state, being split in half, so to speak, is the last form before reunion, as the one creature he once was, can take place.

God: The Creation PL 20

Exercise 2b: If these concepts feel like they challenge or negate your cultural/religious beliefs, see if you can find an alternative way to express them that is inclusive. The Guide often says that it is difficult to explain spiritual reality within the limitations of human language!

You do not have to believe anything, but you need to remove a tight no in you that may barricade experience. Are you willing to let yourself experience, without preconceived ideas, whatever is real?

[Stages of Commitment](#) AD6.

Negative aspects of a choice to incarnate without self-awareness

What does such consciousness "say" when it is aslumber? It may say, *"I do not want to know; I do not want to know me -- me in relationship to the world around me."*

This negative, life-negating and truth-negating statement is a creative nucleus -- a statement made by consciousness, by deliberate choice and disposition. This statement brings forth an inexorable chain of events, leading gradually but surely to the condensed, slowed-down state that finally becomes a "crust," hardened and apparently dead. This is what matter is composed of.

Nevertheless, once the hardened process is an action, matter itself can be used by consciousness for life-affirming and positive purposes. Free consciousness can thus "communicate" with the life substance and consciousness within the hardened matter. Separated organisms, objects, and entities are only separated on the surface level. But within and beneath that surface level, there is a constant interaction.

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Exercise 2c: Imagine what a flower might be protesting spiritually, by going about the process of its life cycle. Or, why a crystal might 'only' be willing to reflect outside energy (light), in effect observing life around it while being unable to process or interact in any other way.

Conscious Interaction with Inanimate Objects

Consciousness exists even within inanimate objects. Your scientists today have already ascertained that energy exists *within* matter, so that part is hardly news to you. You have yet to ascertain that the same holds true about consciousness.

Consciousness within inanimate objects is reachable by the much stronger and more active consciousness of the human mind -- though to a lesser degree than it is reachable to the consciousness within plants, animals, or other human beings.

Matter is still malleable and can be impressed by the human consciousness. Since it is capable of inventing and creating, it can mold, shape, and form out of the substances within matter. Its innermost nucleus of consciousness always seeks expression toward the divine, toward service, toward truth, toward love, toward being. Even in this separated, deadened state, it "replies" to the creation of mind, and thus fulfills a purpose in the great plan of evolution. So even the deadest of all dead matter is not really dead.

Spiritual beings who are in greater possession of their innate divine faculties, and not bound to the purely outer manifestation as human beings are, can perceive the energy form and the consciousness expression of the most inanimate objects.

This inanimate object also contains an energy field, which is its antenna, its receiving station, so that it must become a reactor. Its consciousness content is still too limited to be more than a reactor. It cannot be as yet an initiator and creator as the human state is. But it is definitely a reactor.

You may often experience that you have certain relationships with objects. There are some objects you cherish, need, and enjoy. You love them. They perform well for you. You may think that you love them because they perform well and give you good service or beauty or joy. But it is one of those working benign circles where it is hard to say what or who started it going. Your appreciation makes a machine, for example, respond – even with its extremely limited, small inner nucleus of consciousness, that is geared just to respond and react, to be impressed and molded. Its energy field will be affected. With other objects it is the other way around. They never work out well. You hate them, are annoyed with them, and they respond.

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Exercise 2d: Just as we may choose to focus only on positive aspects of our interactions with other human beings, how might you create a truce with a stubborn object?

Week 3: Self-Awareness begins at the human level

What does self-awareness really mean? It means an awareness of "I am," "I exist," "I can think," "I can make a decision," "My decisions have impact," "My thoughts have effect," "My feelings reach other beings." This will be roughly the second state. PL 217

Four Stages of Spiritual Evolution PL 127

- 1. Automatism / blind reflex:** *Blind reflexes are always the result of material that man is unwilling to face. On any real path of development, regardless what approach is pursued, the areas wherein man is unfree and automatic must be uncovered and made known. This automatism is the most primitive stage, existing to some degree in everyone. It is always and exclusively the misconceptions which create havoc, disharmony, unhappiness. Nothing else can ever do that.*
 - Lowest phase of human consciousness
 - Responses based upon deeply imprinted wrong conclusions and generalizations
 - Blind reflexes rationalized and explained to prove they are based on choice vs. compulsion
 - Cannot surrender or trust, because we are disconnected from our own inner knowing
- 2. Awareness:** *The transition from automatism to awareness is one of the most difficult that man passes through. Awareness means acknowledgement of one's limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense.*
 - Starts with becoming aware of the blind reflex mechanism
 - Becoming conscious of error, deviation from truth
 - Realization that we are / have been driven by false ideas
- 3. Understanding;** *Seeing the cause and effect of negative, destructive emotions, false ideas*
 - Requires deep experience of the spiritual reality (that is, deeply felt as a reality rather than learning a lesson by heart) of the answers to all of these questions:
 - Why does this blind reflex exist?
 - What brought it on in my life?
 - What conditions existed that created it?
 - What conditions exist now whenever it is generated?
 - What are the similarities (both apparent and real) between the original situation and the present situation? How are these related in my psyche?
 - How are they related in reality?
 - Why is this blind reflex based upon a false assumption? How is this blind reflex based upon a false assumption? What would it mean to me / require from me to deeply experience the answers to all of these questions?
- 4. Knowing:** *The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth. When you know the truth, you are in possession of the universe. If you know one truth, you know all truth.*
 - Experiencing the truth = Knowing the truth behind the automatism; becoming aware of blind reflexes, understanding why they exist/existed, understanding what disharmonies they created
 - Knowing right conclusions from wrong ones, intuitively and instinctively
 - Knowing has a healing effect on yourself and your entire environment
 - Connects us with a greater spiritual principle

Four Stages of Spiritual Evolution PL 127

State 2: Self-Awareness

In this state, self-responsibility begins. The awareness of having an effect on the world around the self must result in accountability and the seriousness of choosing thoughts, attitudes, actions, responses, etc. This state of consciousness also, by virtue of this expanded awareness, finds many new alternatives which the blind and more limited state is lacking. The state of consciousness below the threshold of self-awareness cannot make choices. It blindly follows its in-built pattern implanted in its substance. The human state is capable of recreating the plan and the pattern and to increasingly avail itself of wider and more possibilities of self-expression commensurate with its own growth.

Of course it is very obvious that within the human state of consciousness, of self-awareness, there are many, many degrees and variations. You have human beings who are as yet unaware of themselves, their power to create, change, and affect. Their ability to differentiate is as yet limited. Their power to think and independently act is equally limited. To them, words as these could hardly make more sense than if you were to tell them to an animal. They would be meaningless to them. And there are other human beings whose consciousness is already far more developed. They know quite well that they have the power to choose, to create, and to affect. They are self-responsible and accountable for their decisions to think one way rather than another. To them, such words make sense and are an inspiration and encouragement. There are of course also many degrees of consciousness between these two categories at both ends of the pole.

However, even the human being whose consciousness is least developed is aware that he exists. He does know that he has needs and can, up to a degree, figure out how to fulfill these needs. He knows that he can act. Maybe his scope is more limited than the scope and power of a higher developed human personality to affect, but nevertheless there is an immense difference between him and the highest developed animal state of consciousness. The latter may have some awakening power of thinking, but self-consciousness in the sense I have described is completely lacking.

The human state of self-awareness lives within its self-created dimension of time. Thus the sense of past, present, and future awakens in the human mind but does not exist in the lower states of consciousness.

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Once you have remembered, You cannot forget!. The illusion of forgetting is Self Betrayal.

Emmanuel, channeled by Pat Rodegast, Pathwork Helper

Exercise 3a: Self-awareness is cumulative, constantly increasing. Recall moments when you were genuinely surprised that others reacted negatively to something you said or did.

Notice what you learned from each incident: about yourself, the other, and how people may interact under similar or different circumstances. Consider how you refined (and re-defined) those understandings and conclusions as you gained more life experience.

The Spiritual Goal of Self-Awareness: Finding Your Divine Identity

When development proceeds as it should, the time must come when you first discover, so to speak, like a different person, the subconscious. This is the first step. And this of course is not always pleasant. Because the subconscious has a life of its own, it even thinks to a degree in its

own limited and blind way -- and this quite differently from the conscious mind. This often comes at first as a shock unless one is prepared to expect just this, prepared also by strengthening and by gathering of spiritual truth and knowledge (for instance the knowledge that this is still not the ultimate self).

And only after this lower self, the subconscious, is met and faced thoroughly, understood, and rearranged where there is need for it -- and this is a long process -- then you will very slowly, very seldom at first, but later more and more, penetrate into your own higher self, your true and permanent identity.

And if development progresses further, this higher self, your own holy spirit, will be more and more on the surface, and will manifest in conjunction with your conscious being, with your brain or intellect in which your outer will power reigns.

Whether the outer and active personality is in contact with the higher self or not is only a question of development and of personal striving.

The difference is this: if you have identified yourself with your higher self, then you hold the reigns; you are indeed master over yourself, over life as a whole

Salvation PL 22

Exercise 3b: Imagine what a purified version of you might be like, when you can freely use your strengths and gifts because they no longer harbor any negativity.

Desire

the realm of duality, like everything else, desire fulfills a dual role. Desire, from a spiritual point of view, may be "undesirable" (to use a paradox). For too much desire (intense desire, subjective desire -- desire stemming from the ego and its distortions) alienates man from the core of his being. Such desire often contains pride, self-will, fear, lack of trust in the universe. It creates a tense, contracted energy system and prevents the flow of the life force.

Hence spiritual teachings often advocate a state of desirelessness as a necessary prerequisite for connecting with the divine self. It is a state to be cherished for spiritual self-realization.

At the same time, it is equally true that if there is no desire, there cannot be expansion. There cannot be venturing out into new ground, into new realizations and states of awareness. There can be no development and no purification. For what would motivate an individual to muster the courage, perseverance, and steadfastness necessary to grope one's way out of darkness and suffering? Only desire does.

This kind of desire contains faith (in the possibility of attaining a better state), courage, patience, commitment, etc.

Here you have a typical example of dualistic confusion -- confusion that arises only when man says that it is either right or wrong to have desire, depending on which aspect of it he perceives. The painful, confusing, and limited state of dualistic consciousness can be transcended only when you see beyond the "either/or" and see the true and distorted possibilities of both apparent opposites. The moment you see this, opposites no longer exist. You have then passed

into a deeper and wider state of consciousness in which you comprehend beyond the limited dualistic state.

This applies to many, many manifestations of your life. Rarely, if ever, is anything in itself good or bad. It depends on how it manifests, what the true underlying motivations are. Desire must exist in the human heart in order to overcome the hurdles, the temptations to self-deceit which block the way to the abstract knowledge of the universe

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Exercise 3c: Notice examples of positive and negative desire, in other and in yourself.

Knowing.

How can knowledge, knowing -- which is consciousness -- be unfeeling? Even unfeeling knowing, what you in this era call "intellectual knowledge," must have a feeling content. It stirs up certain chain reactions. And even though such knowledge may be fragmented and used in order to get away from the energy or feeling aspect of living, it nevertheless contains feeling, although these feelings may not be recognized.

So, consciousness is always a feeling, an energy manifestation, whether or not you are aware of it. The most mechanical, fragmented, and cut-off thought breeds a series of energy chain reactions in man's entire psychic system. The power of choosing which thought to think, in itself stems from strong energy movements and results in affect. Therefore consciousness must be one with energy.

In the average human state, this does not seem to hold true at first sight. However, when you go deeper, you are bound to see when you follow it through that whatever knowledge you harbor has a definite feeling content. As I said -- and I purposely repeat this, for it cannot be emphasized enough in this context -- the dry, cut-off knowledge must also contain feelings.

Examples: The underlying feeling may be fear. The more superficial energetic state may be boredom. Boredom is also an energetic state, although a negative one -- negative in the sense that the absence of something does not mean that what is absent is not intrinsically and essentially present. It is only temporarily made absent. Let us suppose we pursue the state of boredom deeper into the recesses of the soul substance. You must find that there is always fear somewhere: fear of knowing all you can know now about yourself and about your relationship with the universe.

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Exercise 3d: Notice examples of both positive and negative knowing.

Knowing is the result of our process, the effect caused by engaging in spiritual evolution: recognizing where we have been blind is the first conscious step.

In our not forgetting, we inevitably reach for understanding. Knowing will follow.

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Week 4: Timeless State of Being, With Awareness

As in many areas of development, there is a similarity between the lowest and the highest point of the curve, which in this case is the state of being. Inanimate matter, minerals, plants, and animals do not live within time. They exist in a timeless state of being, but they are without self-consciousness, self-determination, a self-propelling initiating. The human state of consciousness is in time. It is therefore not in the state of being but rather in the state of becoming. But it is already fully in possession of self-awareness. On the highest rise of the curve we return to the timeless state of being but with a high degree of consciousness. PL 217

Man strives into the future for several reasons.

--He does not like the present and hopes for something better from the future.

--He fears a certain aspect of life and wants it to be past.

His vague hopes from the future and the unpleasant unfulfilled state of the present are, in the main, his reasons for straining away from the present into a future, and thereby not living in the now

If each moment were truly lived to its fullest, by this very fact, you would already reach an extended dimension of time even while simultaneously still remaining in this dimension. In other words, only by fully utilizing the dimension you live in, can you truly outgrow it. Only by experiencing everything each moment of time's content will you no longer strain away and thereby automatically flow in the next time dimension.

Man's Relationship to Time PL 112

State 3 - Timeless State of Being, With Awareness

This is the highest state of the three. We might call it universal consciousness, or perhaps cosmic consciousness. That is beyond the human state. In that state, all is one, there is no separation. In that state of consciousness, all is known. The innermost self is known, the Godself is known. The Godself of the personal entity as well as that of other entities is known. The truth of being is known. In that state of consciousness, you live in a state of being. But on this level of development, the state of being surpasses self-awareness; it has reached universal awareness. To put this differently and possibly more accurately: the self is recognized as being in all that exists.

If you ponder and meditate about the deeper meaning of these three states, you will see a great deal and understand much more about the greater life of which you form a part. The "innocent" state of being can exist in purity only. This purity can exist in him who is still blindly unaware, unconscious, powerless -- or in him who has regained the state of innocence through the laborious descent and simultaneous ascent of self-purification. Then power can merge with the timeless state of the eternal now.

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Exercise 4a: Explore timelessness by allowing yourself to experience it. *don't use a timer...*

The Law of Cause and Effect

Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels.

Laws of Cause and Effect on Various Levels of Consciousness PL245

There is a self-protective lawfulness in the lack of awareness of the innate potency of consciousness as long as the soul is not purified. As you can all so clearly observe on your path, this power increases in exact proportion to your ability to be in truth with yourself and others.

If you could be aware of the potency to create while there is evil intent in you, you could bring havoc, harm, and destruction to a much stronger degree than what now must exist for the purpose of the self-activating principle in which the negative result becomes the medicine.

However unjust an evil manifestation may now appear to you, it only appears that way because in your limited, time-bound state you are not in possession of the connections. Were you thus aware, you would see that all negative manifestations, no matter how cruel or unjust they may seem, are self-created medicine for the purpose of ultimate purification and ultimate bliss.

Now, evil does not and cannot destroy -- only temporarily, and within the framework of what I just mentioned. If consciousness could expand without the simultaneous expansion of the self-purifying agents, evil could destroy the divine. So, as an in-built protective mechanism, negativity closes the perceptive organs: blindness, deafness, dumbness, and numbness set in.

The only way to come out of this state (of ignorance, limitation, powerlessness, of being severed from the nucleus where there is all-connecting life) is by the consistent attempt to know yourself where you are now -- *not to know the universe or anything outside you*. That comes later -- gratuitously, as it were. To concentrate on that would be pursuing a delusion.

Knowing yourself is a slow, step by step process. It doesn't ever require of you an impossible feat. It only demands of you that which is indeed possible, to deal with something right there in front of your eyes if only you choose to see it. You can use your best will and intent to find out what you ought to know about yourself at every step of the way.

There is no fraction of time in your life, my friends, where this is not possible. You can be sure that when you are in a disharmonious state, you are not as aware as you could be. To become more aware often requires intense groping and searching. And that is indeed part of your life task.

The disharmonious state, the anxious state, the unhappy state, the depressed state, the state of unrest and fear and pain (negative, contracted pain) is always a reflection of something you might know right now but choose -- yes, literally choose -- not to know. That choice creates a very potent negative energy field.

Your path helps you to deactivate these negative energy fields by changing the consciousness content in them. The first vital step here would be to transform the "*I do not want to know*" into an "*I want to know*" and follow it through. You can give yourself this finding out.

Exercise 4c: Find a place where you do not full-heartedly, 1,000% want to know the truth about yourself, life, or the world of spirit. Notice how this energy field affects your life.

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