

Awaken To Super Consciousness

Awaken To Super Consciousness Awaken to Superconsciousness A Definitive Guide to Expanding Your Awareness Superconsciousness often described as a state beyond ordinary consciousness represents a realm of heightened awareness profound intuition and expanded potential Its not a mystical fantasy rather its a potential inherent within each of us waiting to be unlocked This article serves as a comprehensive guide blending theoretical understanding with practical steps to help you embark on your journey toward this expanded state of being Understanding the Spectrum of Consciousness Before delving into superconsciousness lets establish a framework Consciousness exists on a spectrum with ordinary waking consciousness at the baseline Below this lies subconsciousness housing our deeply ingrained beliefs habits and suppressed emotions Above ordinary consciousness lies superconsciousness a state of heightened awareness characterized by Expanded Perception Experiencing reality beyond the limitations of the five senses including enhanced intuition and precognitive abilities Unconditional Love Compassion A deep abiding love for oneself and all beings transcending judgment and limitations Unified Awareness A sense of interconnectedness with all of life recognizing the underlying unity of existence Creative Genius Accessing a wellspring of creativity and inspiration beyond the confines of logical thought Enhanced ProblemSolving Intuitive solutions to complex problems emerge effortlessly Inner Peace Serenity A profound sense of calm and equanimity in the face of lifes challenges Analogies for Understanding Superconsciousness Imagine your ordinary consciousness as the surface of an ocean The subconscious is the deep murky depths holding hidden treasures and potential dangers Superconsciousness is the vast boundless sky above encompassing the ocean and far beyond Or consider a computer ordinary consciousness is the user interface the subconscious is the hard drive and superconsciousness is the entire network its connected to providing access to infinite 2 data and processing power Practical Steps to Awaken to Superconsciousness This journey is personal and requires consistent effort No single method guarantees immediate results but integrating these practices can significantly accelerate your progress 1 Mindfulness Meditation Regular meditation cultivates awareness of the present moment quieting the incessant chatter of the mind and creating space for higher states of consciousness Aim for at least 1520 minutes daily 2 Yoga Physical Exercise These practices not only improve physical health but also enhance energy flow promoting mental clarity and reducing stress both vital for expanding consciousness 3 Breathwork Conscious breathing techniques like pranayama can regulate the nervous system facilitating deeper relaxation and accessing altered states of consciousness 4 Nature Immersion Spending time in nature grounds us connecting us to a larger reality beyond our everyday concerns The calming effect of nature enhances receptivity to intuitive insights 5 Journaling SelfReflection Regular journaling helps process emotions identify limiting beliefs and clarify your intentions

crucial for personal growth and expanding awareness

6 Creative Expression Engaging in creative activities like painting music or writing allows for selfexpression beyond the confines of rational thought tapping into the intuitive wellspring of superconsciousness

7 Dream Work Paying attention to your dreams can reveal subconscious patterns and access symbolic insights into your inner world bridging the gap between ordinary and expanded consciousness

8 LovingKindness Meditation Cultivating compassion and unconditional love for oneself and others expands the heart and opens the pathway to higher states of being

9 Study of Spiritual Texts Philosophies Exploring various spiritual traditions can provide valuable frameworks and guidance for your journey

Overcoming Obstacles The path to superconsciousness isnt without challenges Fear doubt and ingrained limiting beliefs can act as significant obstacles Patience perseverance and selfcompassion are vital throughout this transformative process Working with a spiritual mentor or joining a 3 supportive community can provide valuable guidance and encouragement

A ForwardLooking Conclusion Awakening to superconsciousness is not about achieving a destination its a continuous journey of unfolding potential Its about embracing a more expansive view of oneself the world and the universe By cultivating awareness integrating mindfulness practices and embracing selfcompassion we can unlock the incredible potential within and experience a life filled with greater joy purpose and profound connection The journey is uniquely personal and the rewards are immeasurable

ExpertLevel FAQs

1 What is the difference between superconsciousness and enlightenment Enlightenment is often considered the culmination of the journey toward superconsciousness It represents a permanent state of expanded awareness characterized by complete liberation from suffering and a deep understanding of the nature of reality Superconsciousness can be seen as a stepping stone or a recurring state on the path to enlightenment

2 Can superconsciousness be scientifically proven While the subjective experiences of superconsciousness are welldocumented direct scientific proof remains elusive However neuroscience is increasingly exploring altered states of consciousness and research into meditation and its effects on brain function provides indirect support for the existence of expanded states of awareness

3 How do I deal with skepticism and doubt during this process Skepticism and doubt are natural parts of any transformative journey Acknowledge these feelings without judgment and focus on the positive experiences and insights you gain along the way Remember that the journey is internal and validation from others is not necessary

4 What if I dont experience dramatic changes immediately The awakening to superconsciousness is a gradual process Focus on consistent practice and selfcompassion Celebrate small victories and trust in the unfolding process Patience and perseverance are key

5 Can superconsciousness lead to negative experiences While generally positive accessing deeper levels of consciousness can sometimes bring up repressed emotions or unresolved traumas Its crucial to approach this journey with care support and guidance from experienced practitioners if needed to navigate these challenges constructively Working with a therapist experienced in trauma resolution may be helpful

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about the book awaken to superconsciousness provides easy gentle guidance to help
beginners quickly feel and benefits of meditation and allows long time practitioners to
break through blocks and deepen their experience drawing upon decades of experi

extemporaneous talks given by the author in mumbai india

here is a fresh revolutionary approach to finding inner peace and expansive joy
presented by one of the greatest exponents of yoga and meditation alive today we have
all experienced our subconscious minds in our sleep dreams and through our
unconscious thoughts and emotions and of course we re all intimately familiar with the
normal conscious state of awareness from which we go about our daily lives but there is
a third less well known state of awareness the superconscious the hidden mechanism at
work behind intuition spiritual and physical healing successful problem solving and
finding deep lasting joy superconscious awareness is the missed link to living richer
more meaningful lives though many of us have experienced fleeting moments of raised
consciousness and enlightenment few know how to purposely enter such an exalted
state through meditation chanting affirmation and prayer swami kriyananda teaches us
how to reach this state successfully and regularly and how to maximize its beneficial
effects in awaken to superconsciousness kriyananda shares his knowledge of the
ancient yoga tradition details how to attain inner peace and provides inspiring
meditative exercises awaken to superconsciousness provides a comprehensive easy to
understand program to help us tap into our wellspring of creativity unlock intuitive
guidance and hear the silent voice of our soul if you are looking to find inner peace

enhance your creativity unlock intuitive guidance feel deep and lasting joy improve your concentration expand your awareness transcend your limitations commune with the divine then you must read awaken to superconsciousness

mind body spirit

sex matters offers a vision of sex that is healthy natural innocent and free from guilt and repression where other books offer tech niques to practice and games to play sex matters offers insight into the psychological and spiritual dimensions of sex in responding to questions from people of all ages and from all walks of life osho shows how we can by accepting and cele brating sex as a gift of nature begin to use it as a valu able step ping stone in a lifelong journey toward greater self awareness and joy

blending existential and occult thought a highly acclaimed philosopher explains how we can find profound meaning and joy by inducing states of extreme awareness and emotion throughout history there have been references and examples in literature art and philosophy of an increased awareness of life while under the influence of extreme emotions these have become known as peak experiences soon after colin wilson became aware of this phenomenon in the 1960s he wondered about its history and how its power could be harnessed and began a forty year investigation in super consciousness we see how such luminaries as yeats blake sartre nietzsche and robert graves were affected by peak experiences and how it has long been noted that we are least insightful when we are at our lowest ebb by looking in detail through the different areas where this phenomenon has occurred and by offering anecdotes and examples of how many people in history as well as himself were affected wilson reveals a pattern of insight with emotions he ends the book with an instructional section on achieving power consciousness for yourself

superconsciousness through meditation during a superconscious state the individual is flooded with an intense radiance ten thousand times brighter than the brightest sun time seems to stand still there is a feeling of power and a sense of possessing infinite wisdom and understanding at the moment of union subjectively there is an intense feeling of ecstasy or bliss which makes the orgasm of sexual union seem as nothing compared to it to attain this state it is necessary to undertake certain disciplines that lead to non attachment the author provides eight progressive yoga routines for this purpose clear and precise instructions are given to aid the earnest seeker they are designed to eliminate mental emotional and physical disturbances from one s life the final stages outlined in this work consist of dharana concentration and dhyana sustained concentration which lead ultimately to the attainment of samadhi or cosmic consciousness

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the enlightenment of omnipotence omniscience omnificence divine power love wisdom of the divine mind for the divine design of your life

at age 14 dr sandor a markus he had a mental experience on the great hungarian plain which totally changed his life his consciousness was raised to a higher level and he looked into the universal databank akashic records that revealed the earth s past present and future destiny as well as parts of the universal cosmic law that we are all subject to until today at the age of 75 he has continued his consciousness development and is now tuned in beyond all forms of manifestation in the virtual spiritual dimensions he now believes that only by acquiring a higher quality multi dimensional quantum consciousness we can solve all individual and societal problems that we face today no other solutions are viable the book is part of the new world doctrine and provides answers to all the existential questions that we humans are constantly thinking about what is the meaning of life can we change our destiny how can we reach happiness and harmony what can we do to change our world and our situation for the better can political or religious means solve individual problems what is death is it just a rebirth to another dimension what is man really how does he function as a whole what exactly is consciousness what sets it apart from intelligence what is the soul is it the same as the mind what prevents human development what is god and lucifer how do they relate to each other is there anything in all doomsday prophecies will the earth perish we are all the sum of today s world if we want to change society we must first change ourselves the book opens the solution for you and concludes dr sandor a markus alias saint germain s multi millennial mission on this planet

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