

# The Consciousness

The consciousness (also known as the essence) is where you find the true sense of self, the awareness, and the “I am“. The consciousness is placed into the physical and spiritual bodies, enveloped and clothed by them. If you were to remove your physical, etheric, astral, mental, (and for those who have them: causal, budhic and atmic) bodies, you would afterwards be left with consciousness (essence).

The different physical and spiritual bodies are like a car, whereas the consciousness is the driver behind the wheel - it is like a driver. It is the consciousness which is the core self and not the bodies themselves; the bodies are vehicles through which the consciousness acts and manifests. The consciousness controls the bodies like the driver of the car would control the car itself. The consciousness is that which understands, which makes the choices, and where you find your true sense of self. It is a fraction of that which is the Being. The Being divides itself into different parts, and consciousness is one of the smaller parts that incarnates on the planet such as Earth, getting enveloped and incorporated into the physical and spiritual bodies.

The consciousness is only a very small part of the overall true Being. As the consciousness is the core self, it plays the vital role when it comes to spiritual development and growth of the person. Almost all of the consciousness is trapped and covered up by the ego. And the ego needs to be eliminated and destroyed so that the consciousness, which is hidden behind it, covered up and trapped by it, can become free, and the overall consciousness can increase in size and become what it truly is.

You cannot take one step up the Mountains without freeing the consciousness and increasing its size. As the ascent up the Mountains take place, the different parts of the Being need to merge back together and become one again. This means that the consciousness and the different parts of the Being merge back into one. The consciousness returns to the Being, returning once again to being whole, through the process of creating solar bodies at different points up the Mountains.

The consciousness itself is experienced as an empty sphere. Hollow, empty sphere through which one experiences the emptiness of the mind, the absence of thoughts, and wakefulness itself. As more and more consciousness is acquired, the person becomes more and more awake, with higher clarity of mind, larger or expanded awareness, and having a mind that is more empty and still.

While true peace and happiness is found in incarnating and merging with the Being, a peace, contentment, stillness and calm can also be found within the consciousness. Within it is stillness and there you find peace. When the consciousness has increased enough in size, it eventually goes through its awakening. The awakening of consciousness is the point when the consciousness breaks free from the mind and maintains a permanent active state. This is the

point where the person no longer needs to constantly activate and bring forth the consciousness from behind the mind.

Before the awakening of consciousness, a constant struggle is needed; you always have to fight your way to mental stillness and to having a clear mind. The mind will then shortly after again pull you into it so that you get lost within it. However, after the point of awakening the consciousness you will maintain permanently the active state of consciousness, no longer getting overshadowed by the mind. You will still need to pull yourself out of thoughts and the activity of the mind, but you no longer need to struggle to maintain awareness and active consciousness.

There are essentially two ways one can speak about the awakening of consciousness. The first kind is what was mentioned when the consciousness breaks free and maintains its active state permanently, and the other kind is gradual increase of consciousness which occurs little by little. As the consciousness increases in size, for instance from 5% to 6%, 7%, 8%, 9%, 10% etc...you naturally become more and more awake. As the wakefulness itself is the function of consciousness, more of it means more awakeness. However, the first kind is when the consciousness of a certain size becomes permanently active.

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