



# SCRIPTURES OF THE SPIRIT

Module 12

## Consciousness



After clarity, it seems only fitting that we have a module on consciousness and what it really means to be conscious.

What is consciousness? I searched for the answer to this question for the last 25 years.

My journey started with a university degree in psychology and counselling. All I found there was an abundance of ideas about what could be the way to understand the mind and emotions. There was no understanding of the greater awareness I had a sense of, that I now call 'consciousness'.

As I kept looking I discovered Wicca. Could there be something 'magical' about consciousness, was it really linked to will? This seemed to be part of the picture, but again, it was not complete.

Then I discovered meditation. A devoted meditator for sometimes up to 2 hours a day for twenty years and I can say that this practice is a good tool to encounter consciousness. But this tool took a long time and much devotion to truly master.

I searched meantime in healing practice, surely if we could heal the body/emotions/mind/spirit/ Soul or consciousness, we could understand it? Again this was a slow exploration that could allude us for years. Becoming aware of what you are not aware of takes patience and time, as you gradually explore each aspect you are ready to know.

Then I developed my psychic abilities. This showed me that consciousness was interrelated with energy and it could be read and known, but not entirely through this alone. Consciousness was more than just energy, it had wisdom.

I worked hard to become a medium, first studying under a spiritualist medium teacher. I was invited along to help with exorcisms, worked with healing entities and all the 'bad' elements of someone's consciousness, their philosophy believed existed. To me, it seemed more like we were dealing with sub-personalities of an individual's complete consciousness, mostly unexpressed.

I also learned tranced mediumship and they also taught this in a way that seemed disempowering, allowing other spirits to use up the mediums life force. It became evident to me, this spiritualist way was not the right fit for me to explore consciousness.

So I started channelling on my own. I connected with Interstellar Light Beings from many dimensions and places. Communicating with them telepathically, I began to understand just how many lenses on consciousness there were and that we were all looking through a different lens. I could see through the consciousness of the Light Beings I was learning to become one with in a new style of trance, that there was so much vastness to consciousness, so many perspectives.

I next learned the practice of Shamanism, finding many of the tools had already been given to me by the Light Beings. I explored my first taste into the original people's understanding of consciousness through their ritual and myth. I was taught this by a very well respected and knowledgeable male shaman. I began to see there was a distinct difference between the way you could experience consciousness, masculine or feminine, the hard way or the easy way.

I learnt much in the way of tantra at the same time, discovering how the ecstatic states of consciousness can be experienced in an intimate connection with the Divine within all things.

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I then began to understand consciousness is embodied, so I trained in Kundalini Dance. I added this technology to the Spirit experiences I was having and in what I then called 'Vision Quest Trance Dance' and I was having a full experience of total consciousness in these dance classes I was teaching.

But I wanted this knowing all the time, every day, not just when I was dancing or in random moments when it overtook me, causing me dramatically beautiful ecstatic connections with All That Is, while driving my car or doing some other normal thing. I wanted it on tap, when I wanted it. So I enrolled to become a student of Elders from more than 50 different tribes across the planet, to get a broad viewpoint on what consciousness really is.

As I listened to the Elders speaking about their life experiences, I waited with baited breath, expecting to find some magic secret ingredient that I could add to my life to experience full consciousness, all the time. What I discovered here is that consciousness is not some magical 'pie in the sky' experience that we have when we are super special magical beings, it is in fact normal, everyday experiences that have

full consciousness in them, if we witness it.

## It's all about making the 'ordinary' extraordinary. It's about living with aliveness.

Elders are people, living life. They are trying to live a good story. They want to leave the world better than they found it, but they are amazingly patient. They understand that energy never ceases to exist. They know to finish what they start and they know to not take on what they won't finish. They recognise both the finality of their existence and that their impact is part of a larger consciousness, that continues beyond them. The next generations are their consciousness continuing on. With this understanding, it is the quality of the experience or impact, rather than the number of experiences or impacts that are important. They are present, giving their full knowledge, thought and understanding to each moment. They understand this is where true joy lives.

When I first encountered the Elders I was SO frustrated. I kept thinking, if they could just hurry up with this story, they are taking ages to tell us and get on with the lesson they are trying to reveal to us! I kept waiting for the lesson and kept hearing only stories and more stories. I heard stories about how they lit incense and thought, 'yes I know how to do that, can we move on!'. I was so impatient, as is our society. The lesson was in the living of the story, the experience of it. It was HOW they lit the incense, WHY they did it, what the experience was within it. While I was not listening to that, I was rushing around trying to find something, that could only be found in the experience of being present with the story, with the journey of the story.

If you are or were like me, you might have been rushing around trying to find something, that has actually been there all along. It's not to be found. You only have to slow down and experience it. This is what consciousness truly is, an experience. These days I can place my awareness into full consciousness in any moment and drink of the delights, ecstatic energy and wisdom there, fully and instantly. With practice you can too.

Have a try of this exercise... Go outside somewhere where you will be undisturbed. Find the most beautiful tree you can. Look at the trees leaves, their beautiful colour and shape, their amazing texture. Look at the branches, the trees arms, reaching up to the sky, receiving from Great Spirit. These leaves and branches are example of the great receiving we should all practice. Now look at the trunk, the strong and sturdy trunk, so solid, with all its etchings and textures, its story. Think about how old the tree is, all it has seen in this place, all it has witnessed. Look at the colour differences of the trunk and how its shape differs. Feel the presence of the roots, as they stretch deep within the ground, probably to the same depth as the branches extend. This tree knows balance. It knows the secret of great beauty, of surviving with grace and ease. Inside this tree is a beautiful spirit, one that is wiser than you. You have a perfect living example of the balance and activated Divine, right in front of you. Feel the presence of this Elder before you. Feel its connection to Earth and Universe, as the space keeper for this vast wisdom of all worlds. Love the tree by seeing it, for all it really is.

Notice how it makes you feel to see the tree and love it, as sacred kin. Here you are using your senses to witness consciousness in one of the purest forms.

### As you see this consciousness in others, you will come to know it in yourself.

When this exercise moves you into total ecstasy, so that every cell in your body is orgasmic and radiant, ecstatic with the full Divine in that moment, you will be living conscious. When you can do it with anything, even a house brick, you have mastered consciousness.

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To be conscious or to hold consciousness (the act of being conscious) we must be awake to all parts of our self.

All parts of us include the physical being we are in this world, the emotions we feel, the thoughts we think and the spirit we are. We must be awake to the grander part of our consciousness that mediates this form, sometimes called the Soul. We must be aware of this true self, the Divine Spark of creation consciousness, our very existence deems we have.

We must realize we are more beautiful and wondrous and loved than we ever knew. We know we belong to something greater.

A fully conscious person walks in the world awake to the Great Beauty of themselves. This beauty does not come from the clothes they wear or any other materialistic source, it emanates from us all, like a light from the sun, each of us like a star supporting life in our little solar system and in all the worlds of experience we co-create.



We are the amazing possibility of life created.  
We are the walking experience of the knowledge of All That Is.  
We are this wisdom unfolding, through our experiences.

A conscious person experiences themselves in the world, fully, absolutely. Yet they always maintain awareness they are not of this world. They maintain both a belonging to the beauty in the world, while always remembering the Great Beauty of the Universe from which we all originate. Each movement in the world holds this dual awareness, all of the time.

A conscious person experiences. They feel pain, sorrow, sadness, joy, love and bliss. Each emotion is not constricted by judgements, but embraced as an experience.

A conscious person does not belong to only one experience, like love or compassion or bliss, all the time. They experience all emotional states and kinds of experience, simply as experiences. They may choose to dwell in love more of the time, but they are not limited to this experience alone.

They embrace all experiences, as purpose.  
Their job as awakened consciousness,  
is to experience, all, that is on offer.

As we are all born from the love of the Life Force Principle, a conscious person is love in action. Their deeds, thoughts and presence in the world creates more love. Their life is a legacy of a commitment to love. They will not always achieve this state, yet they always return to it. The path back to love requires one to be conscious. What they are conscious of, is their true nature. As it is love, this is what they always must return to, to come home to their truest essence.

The Universe to which we all belong is the expression of love, lived in form. We are literally the Universe experiencing itself.

Consider how 'conscious' you feel. For all of us, it is a never-ending journey. We are all waking up and remembering this Essence Self. Daily, we are tested to remember. This is the act of becoming fully conscious. It is a constant journey and one that will not end, until the day we leave this form and go onto the next.

Grow in Week 1..

In week one, start to become aware of this daily test to tune into your consciousness. Start to pay attention to your most conscious self, the Essence Self, the Divine You. This overseeing consciousness will inform you. Listen to this place within you.

As you encounter experiences, notice how you respond.

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Feel deeply into the place of your body  
where you feel the greatest wisdom emerging.

Find the deepest wisdom in your emotional self,  
your mind. Call upon the deepest wisdom you know  
from your spiritual truth. Listen to these places within you.  
They are the realm keepers of your conscious self.

Many people talk about being conscious and use this term in relation to their spirituality. Spirituality is separate to religion or general ideas of how things are. Spirituality is often the individual philosophy of each person, how they feel most spiritually connected or 'spiritual'. In our society, there are lots of guides about what this experience is like.

Most of them are, in my opinion, not really about becoming conscious. They can be ideas of one sided experiences of consciousness, the idea that we maintain compassion, all, the time for example. This would be like becoming conscious of only a small part of your potential for experience. It is limited. We are here to experience it all, everything of which we are capable. Every experience therefore should be considered part of the 'spiritual' journey, the hate, greed, anger, madness and love, are all part of becoming conscious.

I am so often asked what it means to be a 'spiritual' person or how one becomes this. As you've heard me say so often, it is by being 'authentic'. Yet we cannot be fully authentic, if part of our awareness is unconscious to us. So 'becoming conscious' is actually the greater part of our work, as individuals and as a humanity.

Remember becoming conscious is just describing the unconscious making its way into our awareness. Here I am not talking about the biological drivers that cause your heart to beat, I am referring to the spirit wisdom that informs your heart it should keep beating and when it should stop. I am talking about the feeling self that invites experiences, so you can return more fully to your love self, even if it is through pain. I am talking about the overarching soul consciousness that instructs all Four Counterparts of your Soul and directly effects your magnetism. Here we meet our Universal Self, as part of the One. Here I AM , as are you.

One of the greatest hindrances to the illumination of this vast knowingness within us, is the fear we feel. We are afraid to be, the magnificence we are. We often reject this place of knowing within us, because we fear we cannot trust it, or we fear, it does not exist at all. This exacting place within us is all encompassing and for most people, the concept is overwhelming to the point of being unimaginable.

Instead most people see themselves as broken, fragile, limited and experience massive fear. They do not know the power that exists within them. From this place of fear-based conscious awareness, they experience a very different kind of reality. If you haven't already, I highly recommend you watch a movie called 'The Shadow Effect' during the course of this module's month. It talks in great detail about some of these concepts and illustrates them beautifully.

If we could make the shadow of the world, conscious,  
bringing the truth of our wondrous and omnipresent nature  
to the surface, with love and acceptance, we would finally  
be able to start to choose, who we really want to be.

While we are unconsciously driven by fear  
and perceptions of inadequacy,  
we are never aware of how grand we really are.  
We are never empowered.  
We are lost.

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# Grow in Week 2...

In week two, start to become conscious and empowered by all your experiences. If you feel certain things, try not judging them. Instead let yourself be fully present with this part of your experience. One of my mentors once gave a beautiful example of this.

She described that moment of temper tantrum we all have at times. She described it as her 'Inner Bitch'. She told me about how she allowed this aspect of herself to be fully present in her experience when it showed up. She often had one of her closest friends witness her, so it could be fully seen. She let this voice within her speak honestly about what it was feeling for a whole day, whenever it showed up. She had the tantrums she felt like feeling. She said horrible things. She was nasty, grumpy and grouchy for a whole day. She let herself experience this part of herself rather than denying it, like an outfit she was wearing for a day.

I personally loved this way of expressing. Imagine if you let a part of your personality free for a few minutes, an hour, a whole day or longer if you feel you need this. If you allow this part of you to speak, it is no longer unconscious. I would also add, be conscious of your effect on others, particularly if your 'Inner Bitch' fest is about someone else. Place an intentional bubble of white light around you before you give yourself this freedom, so nothing is energetically projected at others.

By getting to know this aspect of you, you will no longer be stuffing it down in the deep dark cupboards of your unconscious and having it try to scream its way out, through your magnetism, drawing to you experiences, that finally allow the permission you need to express it.

What parts of you remain unexpressed? I remember when I was seeing a counsellor when I was about 17 years old. I was so afraid of letting my emotions become conscious. They felt so overwhelming, I was sure I would unleash Pandora's Box upon my world. Sometimes allowing ourselves to be with the feelings we have can be scary. Sometimes this can feel overwhelming. It's important to gently nudge ourselves into wholeness and full expression, but not to do this in a way that feels overwhelming. Measure how powerful things are for you. If they feel really strong to the point of feeling scary, go slowly. There is no race.

For me that meant allowing myself to feel some of the feelings, by thinking about some of the circumstances that were generating them, for 15 minutes a day. Then, I changed the internal subject and did something else. Every time my mind wanted to go back there, I said, 'no, later, when we next have our 15 minutes' and did something else.

You can become conscious of things slowly and in a measured way. You can always maintain a level of control and composure. Running and jumping in the fire is the masculine way. We need not do that, as we are now working with the Divine Feminine energies on this planet. You may feel like whipping up a massive earthquake in yourself now and again, but even Mother Earth, just adjusts herself through the hundreds of tiny earthquakes every day, most of the time. Take it slowly and be gentle with the precious places within you.

Be unafraid of your self. You are measured all the time by an overseeing part of your full consciousness that only allows you access to parts of yourself, you have the tools to handle. Trust this part of yourself. It is your Soul's light guiding your experience.

**You will never become conscious of anything you are not ready for.  
Therefore, always trust what is coming to your awareness,  
is something you are absolutely ready for and capable of handling.**

Do you ever feel afraid of some part of yourself being unleashed? Have you ever avoided dealing with some part of you, you knew was trying to seek your attention? Have you seen the manifestation of your life, effected by the unconscious, where repeating events cause great reactions in you? Consider what you were afraid of. Did you trust that the conscious you was only revealing what you could handle? Did you explore with curiosity or hold back with fear?

**To be fully conscious in the world,  
we must always explore what emerges within us.**



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At the same time we must not become obsessed with it! We are physical beings, supposed to be having a physical experience. Your conscious awareness can only be present if you are experiencing.

I have seen Lightworkers get so stuck in the exploration of their consciousness, they forget about living! Then they stop experiencing and their journey into full consciousness stalls. Remember, we must be in the world, but maintain awareness we are not of it.

**Your conscious awareness should be fully in your presence  
for all decisions you make and all reactions you have.**

**The rest of the time, you should focus on living really well  
and with great joy, whatever that looks like for you.**

I also want you to rent a movie called 'Thought Crimes' if you have time this month. This one is a hollywood film about a girl who doesn't know she is telepathic and how it influences her, and what she can do with it, once she becomes fully conscious of her abilities. This is a great visual example of the kind of noise most people experience in their unconscious.

You cannot be clear and empowered, until you become aware of where your thoughts come from. We must know if they come from within us or around us. Most people don't realise they are effected by telepathic imposters all the time. These thoughts confuse most people, as they get stuck in their consciousness. If you have ever experienced sciatica, L4 or L5 back injury, stiff shoulder/ thoracic area of your back, and 'knots' in the top of your neck, you are most likely a 'Tele-Empath' and experiencing much in the way of other people's consciousness. You should explore my Psychic Protection for Tele-Empaths class as soon as you can.

Let us begin this part of the exploration by first imagining that everyone on the planet is telepathic. This means at some level, there is a mental sharing that is taking place behind the scenes. For most people, this is just noise and this noise is the reason why it feels so good to step out in nature and enjoy some space from this noise and enjoy the more quiet and centred telepathic noise that trees, animals, plants and crystals make.

Every moment of your life, you are influenced by this undercurrent of telepathic ideas and information. Many indigenous systems of belief talk about the idea that life is connected through a 'web' of life. Think about yourself being at the centre of this web, with those closest to you, occupying the cross sections of the web closest to you. Imagine their telepathic noise is very loud. Someone you don't know, have never met and will never meet, is on the far reaches of the web, but they are still on it. Their noise contributes to the overall noise of the global unconscious stream we call often 'global consciousness'.

You are always influenced by and are influencing global consciousness. As I have spoken of in previous modules, it's important to be aware of this, to be fully conscious of where you begin and end and where everything else does also. You can't become fully conscious without this awareness of your personal energetic boundaries.

Do you notice when your consciousness is effected by global consciousness? Most of my students experience geopathic stress. This is a physical awareness of holding 'stress' in their bodies, as tensions build up in the earth. An earthquake releases this stress for both human and planet alike.

Whenever there is a large enough earthquake on earth, their central channel also gets dislodged from being perfectly vertical. They then experience more of the global consciousness than usual. They can feel anxious, stressed, depressed, sad, overwhelmed, touchy and reactive. They may recognise there is nothing in their personal life that 'should' be making them feel this way. A quick alignment of their Central Channel of Energy and they feel their usual fabulous self once again. This is how quickly we can change imposters in our energy and return to our own centred consciousness.

Notice in week two if you feel aware of your energy changing for no reason. Do you have thoughts, feelings and states of being that seem to come out of nowhere?

Then look at who you have been around and whether you picked up on energies from them. Or if there was no one or no place you could have psychically vacuumed up the energies from, get onto google and see if there has been an earthquake over 6.5 on the Richter Scale somewhere in the world, as you had this experience.

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Check in with your Central Channel of Energy and balance it by adding energy to the depleted side. For example, if it is forward at the top of your body, visualise light and energy flowing in the back at the top. You'll probably notice it is back at the bottom as well, so visualise energy going into the front of your Aura at the bottom.

The Central Channel of Energy rights itself like a seesaw perfectly and easily slotting back into place, because remember, you are most easily aligned with the flow of the greater consciousness energies around you. Mother Earth is a huge impactor of our consciousness in this way. So it is easy to realign with her new Central Channel positioning, which is what the earthquakes adjust for Her.

Not only is our consciousness impacted by the global consciousness of the world, but our individual unconscious is always impacting our perception of our experience, whether we know it or not. Through our own unconscious drivers, attachments and limitations we are experiencing our reality.

Is a fish aware of the fact it lives in water? Is it aware of the forces of this water? Does it know what the water is made of? Does it know where the water comes from and where it flows to? Not usually. These things are mostly irrelevant to its survival.

Like the fish, we are most aware of what is relevant to our survival primarily. Beyond this, we are aware of what meets our basic needs. Sometimes these needs are physical, emotional, mental or spiritual. Our needs therefore filter out the irrelevant information. Scientifically we know this to be true for our eye sight, our hearing, the processing of information we encounter and how our reticular activation system prioritises information.

Our experience as conscious beings is completely bias. What is most relevant to you, may not be for another. This is how we can know for sure, that there is no truth. After all, how can their be, if everyone is living a different reality?

So perhaps the first step of becoming conscious  
is to realise we are having a totally unique experience from all others.

Think about this for a moment. Have you ever felt let down by someone, because they didn't 'get you'? Has someone in your life not understood you? Have you felt as though you were never entirely seen or known?

How can anyone every truly understand another's experience fully, if we are all processing reality entirely differently? It is indeed impossible to have the absolute 'shared experience' we all seek.

**Grow in Week 3...**

Look what happens if you let this go. Spend week three letting go of the idea that anyone has to think the same as you, act the same as you, behave from the same expectations as you, know the same things you do, decide the same, or even have the same values you do. How does this feel and change your experience?

We need to be aware of the influences that drive our experience. As I have spoken of in previous modules, this bias comes from many sources, but fundamentally we need to stay conscious of when it is driving our reactions.

True consciousness is not reactive.  
It is experiential. It is curious. It seeks to know.  
It holds the awareness of not knowing  
and the comfort of this. It is like a child,  
gently exploring the world, learning that it is safe.  
To get into this place of pure consciousness  
we have to stop and pause before we react.



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I had a rare experience as I was preparing this module that was an example of this. I had hired a dear contractor who thought he was doing right by me by starting a day early. In his digging work, he dug up the grave of my beautiful 19 year old kitty that I had to put down a couple of months ago. She was a dear beloved in my life and like my best friend and Soul Mate, a deeply precious gift in my life. I still miss her every day. When I arrived home to see this had happened, I was so heartbroken in that moment. I felt like I had been punched in the chest. I was speechless. Rarely for me, I didn't even know how to feel. I was completely overwhelmed. I told my friend what had happened and said to him, 'I just need a minute' and I excused myself.

In that moment I took, I felt the vastness of the sorrow that my little beloved had her grave desecrated. The sadness was huge. I knew my friend did not mean to do this and I knew he felt terrible. I thought about what the transition of death means to me. I am always honored to give the body of my pets back to The Mother. To be embraced by Her in death is what I want for myself, to have Mumma Earth be nourished by my body, after receiving so much nourishment from Her my whole life. I realized in my

moment that it doesn't really matter where my beloved's body is buried. It has been moved, but it is still with The Mother, in Her embrace. I also know that the spirit of this beautiful animal is already free. I felt it go before we buried her and it was an ecstatic release for her to be free of her weary body. It is not linked to the body anymore anyway. Taking some deep breaths for the shock I felt, I was able to move to a place of deep compassion for the contractor who had done this. I was able to offer him healing in the moment and invited him to release the guilt he was feeling.

I could have had a very different reaction here. Before I became so conscious, I would have gotten really angry. I could have become hysterical in an environment that would not support it, like being physically present with this person. He could not support my trauma, he was feeling his own trauma about the mistake he had made. By stepping away, I had the moment I needed to process what for me was, even in this conscious state, such a big experience. I could have resented him forever, for an innocent mistake of moving half a metre of soil more than he was instructed to. All of these reactions would be total 'projections' of my emotional state onto him.

Projections are absolutely unhealthy, as we are each responsible for how we feel. Making another person to blame for how we feel is pure dishonesty. No one controls our feelings or experiences them. Only we do.

Projections are like the opposite of true consciousness.  
Projections happen when our unconscious feelings  
fire out like missiles at anyone in the vicinity.

When we are not able to be fully honest with our self in the moment,  
because the moment is larger than we can handle,  
we project the responsibility for our feeling onto another.

We are projecting when we blame an event for our state.  
We are projecting when we blame anyone for anything.

You might ask how this can be so. If someone does something 'wrong', how can that be a result of my projection? Surely they are at fault?

If we take our true position as cocreator  
and realize that we are a magnet,  
then everything we experience is a result of that magnetism.  
We create all experiences. No one does them 'to us'.

I hadn't allowed myself to fully feel the grief of my furry babies death. I attracted that experience, to experience more of that grief. My conscious self knew it needed to arise, as I was unconscious I was still holding onto more grief around it.

My contractor friend, I later found out, was being dragged into a large financial problem, because a client breached the legislation

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after he did work for them. The result could be a half a million dollar fine for him! Obviously he was very distracted by this. The experience of him doing this at my place helped him to not only clear the energies he was feeling around the things going on in his life, but also reminded him to stay present on the job or terrible things could happen. Driving a large machine which you could quite easily damage yourself in, this was a good reminder. Staying present might save his life. By the end of the job with all that energy cleared out, he found out that he was not getting dragged into the problem this past client created. Most likely, this resolution happened so quickly, because he had a chance to release the energy he was holding

So we both benefitted immensely from the experience. And, many days later as a I had a closer look at the site, I found he had not disturbed the grave after all, but had come very close to doing it. My little fur baby was just where I put her.

I attracted every single experience in my life. As a soul, I needed the pain, agony, confusion, joy, heart-ache, love, blessings - all of it. Nothing 'did' this to me. I co-created this all for my growth, evolution and unfolding.

I would like you to try on the idea that nothing and no one has done anything 'to you' as well. Try that thought on in the third week. If you are fully responsible for all of your experiences, feelings and everything you have attracted now and in the past, what does that make you feel?

Most people feel confused at this thought. Particularly when considering their painful experiences, they may ask 'why' did I attract this? Why would I ever want to? That thought feels uncomfortable for most people.

Through sitting with this question,  
the unconscious becomes conscious.  
The greater reasoning for your pain, becomes a gift.  
Once you realise you in fact do control it all  
and your ability to accept your conscious self  
and take responsibility for this,  
as well as owning the vast power you have,  
is all that you need to do, to become a cocreator,  
your life becomes not a series of unconscious triggers  
magnetising a whole heap of pain,  
but instead, it is a conscious dance,  
as you, as cocreator, weave the tapestry of your life,  
taking each thread thoughtfully  
and sewing it into your experience  
with great intention and awareness.

Once you step into this place of activating your conscious intelligence in the world, you will thrive. You will realize your consciousness is love, that you have the potential to experience love and return to love, through any experience.

You will experience yourself in a profound place of gratitude,  
joyfully loving the expression of loving yourself through your life.  
This is what you were made for.

In week three I also invite you to consider looking at your life from this grander place of vision, to be as Ram Das so beautifully talks about in the movie 'Ecstatic States', the person playing the monopoly game, not the car or the horse.



What he speaks of here is the idea that you can be the director of your life stage and enjoy acting out each part of the play of your life. This is what your consciousness affords you.

You get to write the script.  
You remember you are the script writer.

What script are you writing?

In week three consider what you project. Remember that projections are the active expression of unconsciousness. How can you more deeply know what you really feel and step beyond reactivity and into full consciousness of yourself in every moment?

It takes only your commitment to pause when you sense a reaction. Go deep within.  
See what is truly driving your reaction, from all lenses of yourself.

We often forget to pause and allow ourselves to become fully conscious. It is like waiting for a bubble of insight to gently arise from the deepest places of our self, before, we just react. The more we practise this awareness, the quicker it comes and the easier it is accessible to us. Again, it is mastered through our practice.

In the last module you created a word. Think of this as your essence, as your cocreator. Ask how would 'love' respond? (or whatever your word is) This is your true guiding compass of consciousness. Use it to maintain your conscious awareness, whenever your reaction is larger than you would like it to be.

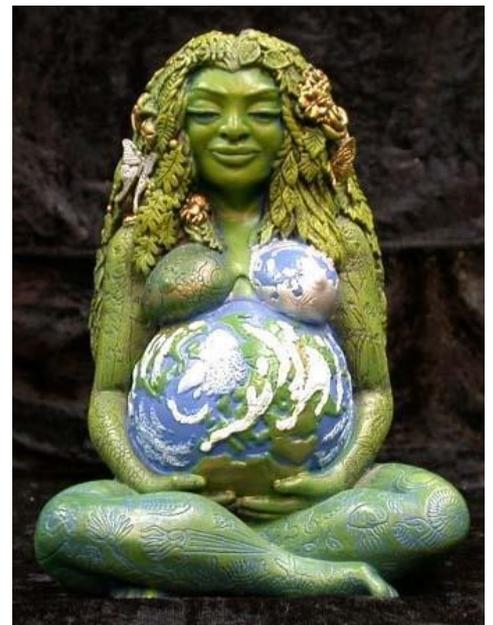
Finally, I want to reiterate that consciousness is meant to experience all emotions, all states, all experiences. So often I hear even advanced students, questioning whether they are 'evolved' enough or judging themselves. Please hear what I have said in this module. You are here to explore experience. This is why you have been given consciousness and awareness of your conscious self.

What you experience is always up to you, but if you are not exploring it all, you are only living a half life. Some believe that to be 'enlightened' you must master your emotions and only experience compassion. They then feel, if they experience hate, they are failing.

Whatever your belief system, remember this. You cannot learn about something by ignoring it or hating it. If you resist parts of yourself, you are only experiencing a small amount of your own consciousness potential. You are here to experience it all. Don't judge what you experience as good or bad. Duality requires us to experience everything to be a whole person.

Allow yourself to delve into  
whatever presents itself  
within you.

Only then will you feel like you  
live a complete life and will you  
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