

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 15-20 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 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
4

From Sex to SuperconsciousnessFrom Sex to Super ConsciousnessFrom Sex To SuperconsciousnessSex MattersSuper Consciousness and
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extemporaneous talks given by the author in mumbai india

one of the greatest spiritual thinkers of the twentieth century explores the physical and emotional intimacies of men and women in sex matters sex to superconsciousness sex matters to us all the osho approach to sex begins with an understanding of how important love is in our lives while at the same time acknowledges that the journey into love cannot exclude our innate biological energies with this perspective it becomes clear that the tendency for religions and for society in general to associate sex with sin and morality has been a great misfortune sex matters begins by deconstructing the layers of sexual repression that the condemnation of sex has inflicted on humans throughout the book in response to questions about everything from jealousy to premature ejaculation the role of intimacy and the differences between men and women osho proposes a vision that embraces sex as a fundamental gift from nature we learn how orgasm offers a glimpse of timelessness thoughtlessness and pure awareness biology s way of pointing toward the consciousness that helps us to understand ourselves finally we are presented with a clear choice a repressed sexuality that leads to pornography perversion and a stunted humanity or a playful respectful and relaxed innocence that supports us in becoming fulfilled and whole as nature intended osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness he has been described by the sunday times of london as one of the 1000 makers of the 20th century and by sunday mid day india as one of the ten people along with gandhi nehru and buddha who have changed the destiny of india since his death in 1990 the influence of his teachings continues to expand reaching seekers of all ages in virtually every country of the world

stories and explanations of how to move toward ascension and enlightenment using intuitive and energy skills that show the reader the process of quick spiritual growth through the inner sight of reading the aura how spiritual skills can improve your life now and show you how to develop your higher consciousness on a daily level how to find the essence of purpose through spirit living in a body how to know and expand the powers you were born with

not believing but only experiencing says osho in this inspiring book is a way of finding truth and meaning while nietzsche s declaration that god is dead therefore man is free was an incredible step in understanding he argues it is in itself a negative solution and does not bring

freedom simply removing god is not enough in the god conspiracy osho offers a solution beyond nietzsche meditation a direct connection with existence itself here he shows how zen and meditation allow us to find meaning and significance creativity receptivity and a path to freedom zen has no god but it has a tremendous power to transform our consciousness to bring so much awareness that committing evil becomes inconceivable this book argues persuasively that transformation cannot be imposed but must come from one's innermost being and understanding

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*

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

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

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in the west at the end of the 19th and the early of the 20th century the first scientific schools for the study of the psyche began to form which basically to this day have not changed much in essence it is based on the study of consciousness which they segmented into conscious subconscious and unconscious incredibly they left out the most important segment the one that is the basis of all the others the super consciousness the system of techniques called ashtanga yoga from sanskrit ashta eight and anga branch or part is an invaluable in terms of effectiveness and time so that human beings can reach the fullness of their capabilities with the sole purpose of making effective the sacred inheritance the most important of treasures recovering full consciousness about the meaning of the true i such inheritance is always ready to be claimed and does not require social status race sex or creed it is for you who consider yourself a person with a life very similar to the vast majority of humanity it is for you who seeks to quench your thirst to understand life who feels an existential void it is for those who find themselves immersed in despair who do not know how to get out of the swamp of alcoholism and drug addiction which wants to solve serious personal family and work problems even for those who have thought about ending their earthly presence this ancient science is for everyone but even more so for the latter for those who are in a state of extreme and urgent need an internal fire of joy peace and wisdom

will be established and stabilized in your daily life without the need for a prior cause but solely and simply by discovering raising what is hidden the wonderful latent potential of the being in its human manifestation about the author hanny juez is a clinical psychologist writer and businessman he is intensely linked to work and selfless service to the community through education sports music radio etc from a very early age the holy jesus and sai baba have guided his life one of his main characteristics is the seriousness in all work where he always prioritizes common sense and verification through study and practice note all net funds raised will be used for social benefit works

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superconsciousness death of the messiahs offers a distinctive challenging take on questions of spirituality and morality part autobiography part self help manual it s an often amusing always insightful look at the author s life beliefs and at the experiences that have shaped his uniquely personal philosophy whilst at the same time offering advice and guidance on an eclectic range of issues that confront us all on a daily basis

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