

How to Awaken Your Consciousness?

We had an interesting discussion of consciousness in the Awake article. There is much more to be said about this. We discussed that consciousness is a vibrational or energetic quality. On a more subtle level, you are energy. Your “being” first descended from a thought of God that created your soul. From thought you descended into Light, Sound, Energy, and finally Physical Form. There are three levels of subtle existence, the Causal Plane made of thought, the Astral Plane composed of Energy, and the Physical Plane composed of solid matter. We know from spiritual teachings and the direct report of advanced souls that everything is energy; solid matter is a function of wave patterns of energy. Modern physics has also come to the same conclusion.

It is one thing to know about this from others and scientific inquiry, and it another thing to directly experience this reality and have the ability to exist and manifest at this level. Awakening Consciousness is about making this subtle reality tangible and perceivable.

Let’s think about the subtle energetic realm as a blueprint for the physical realm. When you can change your vibration, you subsequently change your physical body. What vibrates on a subtle level affects the physical. Healing of the body is done this way. A sensitive healer attunes to your vibration and is able to adjust it, like change the frequency on a radio, and then your physical body is affected and changed by the different vibration.

Conscious development, then, is about raising personal energy or vibration to higher frequencies. In the Bhagavad Gita, Patanjali discusses three levels of energy: tamas, rajas, and sattva. This discussion is part of Sankhya Philosophy. It is another way to think about consciousness from a non-western paradigm. Each state is a manifestation of vibration. Lower, denser vibrations typify the tamasic nature that is lethargic, indulgent of the senses, and has a downward pull on consciousness. One’s lowest nature is expressed from this energetic state.

Rajas has a more activating nature. It is a movement upward on the energetic spectrum out of lethargy, but lacks the peace and calm of the higher sattvic nature.

Sattva due to its elevated vibration gives access to more enlightened perceptions. It is refined, calm, and uplifting resulting in clearer intuitive perceptions and a receptivity to Divine will.

I believe it is easier to talk about consciousness when we regard it as a vibrational state that exists within us, around us, and everywhere. Let's not confuse the mind with consciousness. The mind is an instrument of consciousness. Yogic philosophy identifies two types of mind states: *manas* and *buddhi*. All of this is discussed in my book, *Sacred Healing*. When consciousness is identified with the body and senses, then the corresponding mind state is "manas." This is the state that western psychology explores with its three levels: conscious, subconscious, and unconscious. This mental level perceives and apprehends the grosser condition of our physical material reality, emotions, and thoughts at the various corresponding psychological levels of awareness, i.e. conscious, subconscious, etc.

Yogic philosophy makes a distinction between reality and delusion. Delusion being that state in which we experience ourselves as separate from God, isolated from the universe, limited by time and space, and ceaseless in existence upon death. This is the "manas" state of mind in yogic philosophy. As a psychologist, I find it interesting, if not amusing, to consider that Western psychology is consumed by what Eastern Philosophy regards as delusion. Furthermore, if a person has access to the superconscious realm with visions of heavenly beings, Western psychology often diagnosis this as "delusional."

Buddhi, on the other hand, is a more discriminative state of mind that corresponds with identification with the soul or spiritual self. Intuition is more pronounced at this level. Given the more discriminative capacity of the mind at this level, wisdom is accessed along with subtle spiritual perceptions. This is the realm of the superconscious; a realm that is typically ignored in Western psychology.

So as consciousness moves to higher, more refined vibrations, sattvic in nature, the nature of one's being transforms. In essence, the transformation of consciousness is about the transmutation of energy. We move from lower, denser vibrations and learn to attune to higher, more refined vibrational states. This is actually that fast track for change because it is not limited by time. Energetic shifts can happen in a moment, which affect all level of our being: mind, body, and emotions. So, how do we do this?

The phrase, "Awaken Your Consciousness" is a bit misleading because your consciousness is eternal: you are asleep not your consciousness! So the task at hand is for you to emerge out of a veiled state of ignorance that does not allow you to perceive and experience a higher and subtler reality with its corresponding power to work on an energetic level of change and manifestation. The term enlightenment is simply moving into higher states of consciousness that are more refined and have higher frequencies.

Here are some good practices for waking up.

Meditation

Breathing Techniques

Hatha Yoga

Devotional Practices like chanting and repeating the name of God.

Focusing on the moment.

Selfless Service

Express Gratitude

Practice Forgiveness

Resolve Emotional Conflicts

Practice the Presence of God (Brother Lawrence)

Energy Healing

Tai Chi

Transmute Sexual Energy

Live a Moral Life

Speak the Truth

Learn Acceptance and Surrender

Be in the company of those who have awakened.

Whatever method you are using, remember that energy, consciousness, and mind are related. The breath is the key to the flow of energy. Learn to maintain awareness of your breath and bring it into our body and within your spine. The “pranayama” (life force control) yoga techniques directly use the breath to work with life force energy.

Paramahansa Yogananda brought the ancient technique of Kriya Yoga to the West. This technique uses the breath and visualization to withdraw the life force energy into the spine. Since the breath directs the flow of energy, the life force energy moves away from the outer senses and body consciousness to the higher centers of the brain, “buddhi,” to awaken higher levels of perception. For a more complete discussion on Kriya Yoga, I refer you to the “Autobiography of a Yogi,” by Paramahansa Yogananda and my book, “Sacred Healing.” Complete lessons regarding Kriya Yoga are available through the Self Realization Fellowship. If you are looking for meditation training, this is a good place to go.

If you are interested in a more in-depth discussion of any of these methods, please let me know.

Here are some great resources for further exploration:

SRF Lessons: <http://www.yogananda-srf.org/>

The Power of Now by Eckhart Tolle [Power of Now](#)

[The Autobiography of a Yogi](#) by Paramahansa Yogananda,

[The Practice of the Presence of God](#) by Brother Lawrence

[Sacred Healing: Integrating Spirituality with Psychotherapy](#) by Ronald L. Mann, Ph.D.

Inspiration for Meditation CD by Ronald L. Mann, Ph.D. (free download with your membership as an MP3 file).

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