

CONSCIOUSNESS 1. Consciousness is dualistic. Lower consciousness is the gross mind; higher consciousness is the subtle mind - our true, inner self, our spirit, our heart, our soul.

Lower consciousness is our faculty for acting and re-acting, it is our ego and provides our life-functions. As it runs our lives it forms our perceptions, beliefs and concepts of truth.

Higher consciousness is devoid of ego and presents us with perspectives of what is real in our own existence and the world; it relates to universal consciousness like a drop to the ocean.

Lower consciousness, as our mind - which is a function of our brain - is part of our material self, our body; whereas it seems higher consciousness is separate from our material existence.

Consciousness alone is creative: Universal consciousness created the universe - our consciousness creates our lives. During meditation we connect with our higher consciousness.

While we act from our lower consciousness, our ego is likely to fall victim to our gross senses, such as are described as the Seven Deadly Sins: Lust, gluttony, greed, sloth, wrath, envy, pride.

Universal consciousness is the collective of all higher consciousness entities. Some religions assign seven levels of increasing subtlety to universal consciousness, culminating in God.

The more our consciousness is elevated, the more we will act from love and understanding. Union with our higher consciousness leads us to inner peace and ultimately brings world peace.