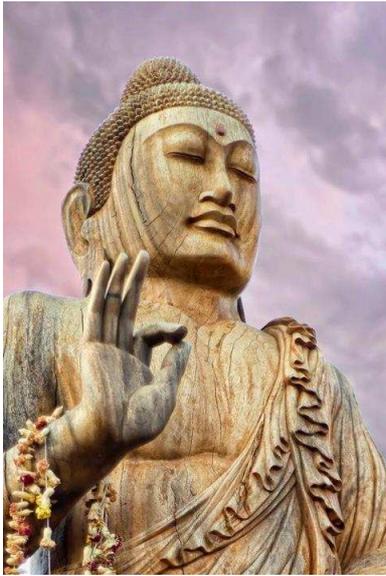


The Transformation of Social Consciousness.

By: Martin Brits (M.Min – Rel.Ed).



The concepts of Consciousness and Social Transmutation through Ascension Work may sound very strange at first, difficult for some to understand and very new for others. This foundational responsibility, however, is the “real work” of all Lightworkers and Emissionaries of Light. What these strange New Age kind of words really relate to is the Transformation of the Social and Collective Unconscious level of beliefs, thoughts and attitudes, obtained through an Intentional Intervention referred to by most Religious movements as Prayer, Intercession, or Mindfulness Meditation. Although every spiritual tradition speaks of higher states of consciousness, it is especially in Metaphysical teachings that we find a structured map of the stages of its development. The average person only become aware of “states of consciousness”, referring to being awake, deep sleep (not awake), dreams or lucid dreaming (daydreams), and more recently more people become aware of the unconscious forces that is influenced by subjective, or subconscious beliefs. What is at play here is the collective condition of the human heart that is misaligned with the natural state of the Source of Life, that is abundant and seeks the greatest good for all.

The Spiritual Director, Guide and Teacher, however, brings the attention of the student to an underlying unity that exists in the Universe. This Field of Consciousness can be experienced through various spiritual rituals and practices to train the mind to obtain a greater awareness of a “Mystical Existence” that are responsive and interactive with human thinking. It is this underlying Spiritual Existence that seems to purposefully direct all of creation, that sustains all of life and is the Principle Source that causes movement or enthuse creation with purpose and meaning for continual evolution. When our focus of attention, or state of consciousness, is misaligned with this greater “Consciousness”, we experience and perceive the world as less than meaningful, less than beautiful and loving; and joy disappear. This State of awareness may also be accomplished through the Practice of Meditation with the specific objective to shift the orientation of human awareness to Higher Consciousness that resonate with Harmony, Peace and a Loving supportive perspectives in life that promotes unity, equality and abundance for all. When overwhelmed by struggles and suffering on an external level, we need to remember what we perceive is reflecting the underlying state of mind, or thought orientation and attitude that support fear and separation, which leads to greed and isolation, war and a restlessness that search for significance for our existence. When our hearts are closed-off, restraining the flow of love and compassion, we focus on a world that is falling apart, and evidence of discord that says I want what others have only for my self, for the world is a place that is threatening, and we compete for its resources.

Historical Development.

Much debate has been carrying on through-out history and most of the discrepancies arise when we approach the subject of “Consciousness” from a medical and empirical model instead of a spiritual perspective. The first approach basically says that anything, which is not touchable evidence, that cannot be replicated either in process or result, cannot be seen or heard or touched (felt), is thus not real. So if consciousness as a concept, cannot be explained within the human understanding of what we feel, see or hear as experiential evidence, it is not real. This is where the Psychological definition causes difficulty. For the Psychologist ... or related medical fields, you become conscious when your brain interpret or process information, whether seen, heard or felt; so that you can be made aware of something not previously perceived as real. We are all aware of the physical law of gravity (Newtonian concept) that says a core mass greater than the smaller mass will attract the lesser due to cohesion forces. Thus the gravity of the core of the earth will keep us on the ground. This can be verified by practical illustration. If however we say the law of cause and effect has the opposite meaning of the Newtonian concept of $F = mc^2$, then it is simply disregarded as not true and not to be considered as part of reality. Force (Energy) is seen as the equivalent evidence of the displacement of an object over the square of its distance. If no mass (being physical) there will be no real displacement (seen, heard, felt), and then it is not real and so I will not be aware of anything existing or being real or evident, for there is no proof. If I then speculate that the displacement is the result and not the measure of energy asserted this scrambles the empirical mind.

According to William James: "Consciousness could be described as a continual fluctuating 'stream' of sensations, images, memories and psychic processes', and unconscious as to that which is beneath this stream". (Louw & Alberts¹, 1993, p.173). Most psychologists describe consciousness as both external and internal stimuli, or actions; and refer to all the thoughts, sensations, and emotions, of which a person is aware at any given moment. However, most believe that we cannot create with our thought as thought is the result of a chemical process that causes consciousness or thought patterns. Anything conscious is thus the result of a physical precausatory action, whether in the body or in our external environment. And, I am the victim instead of the cause of my circumstances. Since we cannot proof (or so the majority believe), that thought is indeed energy, and indeed information in vibrational form that is in the process of manifestation, then it is claimed that anything "spiritual" is also not true ... which is breath, movement and displacement in the process of becoming manifested, also referred to as the motivation, drive, and inspiration, or attitude; to use the word correctly. The study of consciousness challenges researchers to define what is meant by a state of consciousness and change, or what alters a state of consciousness. According to Shapiro², people who have undergone intense spiritual experiences often claim that these altered states of consciousness have resulted in major positive changes in their lives. One method to induce such an altered state of consciousness is for example through meditation, a technique that can easily be utilised to create a sense of peace and tranquillity. By focussing attention on something specific, according to Shapiro³, a person can become oblivious of surroundings and concentrate on one specific aspect of awareness, or notice thoughts and feelings that were previously excluded from awareness due to the rush of stressful activity. However, all these states are generally measured by the Scientific Community in its form of manifestation and the process therefore cannot be touched, seen or heard, apart from its manifested form; and then concluded not to be real. And so is Spirit, or what may be referred to as God. Rather, Man's ability or capacity of being aware is then understood to end at the limit of his "consciousness" level And this is where the confusion also ends. The Theological and metaphysical context (NOT Philosophical ... which is Psychological - based on empirical logic), differ. The premise is that there is a pre-eminence of thought, the greater Thought, or Higher Thought - which is Self Conscious in itself, and absolutely infinite and omnipresent transcending and sustaining "All that Is", as the Source of its inerrant intelligence, which is Consciousness, or God.



The Mystery of Consciousness.

Each morning we wake up with a sense of existence and an awareness of some aspects which we call the self, life and an interaction with your surroundings. Or so have you been taught. What about waking with a sense of Cosmic Unity, pure undefined or confined existence, floating as if in a stream of existence and then in that moment you intentionally decide to be, to appear, to come into this space-time awareness as an individual expression of Infinite Essence. Do we awake Consciousness in the brain, or is it Consciousness that awakens human function? Since consciousness is the basis of our perception of reality, any shift in awareness also changes every aspect of our reality. Reality is created by a state of consciousness that translate into cognition (interactive understanding), and once accepted, this underlying believe influence moods and emotions, and directs behaviour, speech, social interactions, and your interaction with the forces of nature. When consciousness evolves, these different aspects of beingness also change. When we get in touch with the deeper aspects of our true essence and allow this to transcend and permeate our thinking and value systems, something mysteriously happen as the world around us get touched by the ripples that transmit a unique attitude and orientation towards life ... that says you are welcome! Contradictory to the medical model that limit human consciousness to the activity of the brain; consciousness is an ever-increasing awareness of your spiritual essence, human nature and potential, the meaning of life, and the underlying spiritual nature in all things, beyond the normal processes of the mind. It is not limited to an awareness or responsiveness to one's external surroundings, or internal state of being.

¹ DA Louw, DJA Edwards. 1993. Psychology. Isando: Lexicon.

² Shapiro, D.H & Walsh, R.N. 1984. Meditation: Classical and Contemporary Perspectives. New York: Aldine. As quoted in Louw and Edwards. 1993, p.175.

³ Shapiro, D.H & Walsh, R.N. 1984. Meditation: Classical and Contemporary Perspectives. New York: Aldine. Louw and Edwards. p.213.

Clarifying Common Misconceptions.

The word consciousness is derived from two Latin words, namely **con**, meaning *with*; and **scio** meaning *to know*. It literally means “that with which we know”, as a state of being aware. According to Alice Bailey⁴ (1922, p.99), this awareness allows us to know and experience our environment, leading us to interpret events and perceptions, as filtered through our level of understanding. In other words, the greater the individual insight and understanding of experiential phenomena, the higher level of awareness will result. This development of insight also expands the level of consciousness, and so vibratory evolution of existence. *Mere knowledge alone is not consciousness, rather together with evidential experience confirms new perceptions on reality and result in an expanded sense of consciousness.*

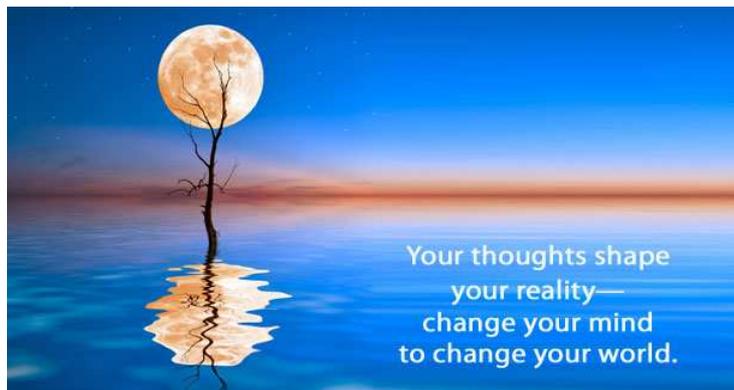
Being conscientious is to be careful and attentive to the way we do things, correctly and carefully. It asks that you pay full attention without distractions - called sacred attention. Being conscious, is the state of being able to use your senses and mental powers to understand what is happening, or the process of being aware of what you think, feel, sense and desire at the same time. It is the process where we put a pause, or halt in front of our reactions or responses to stimuli, and asking ourselves the question ... Why do I do what I do ... etc. ? We generally refer to the mind as the;

Conscious mind: The part of the cognitive functions of the human mind where we interpret and forms conclusions about what we see, feel, smell, hear, taste and sense. It is also the seat of the personality in the way we express who we are.

Sub-Conscious: That part that is connected with our beliefs and desires that controls feelings, and influences your behaviour, even though you are not aware of them; or not being attentive towards the internal drives that control our decision making processes

Unconscious: The part of a person’s mind with thoughts and feelings that they are not aware of and cannot control, but which can sometimes be understood by studying your behaviours or dreams. Where the mind functions without you realising or being aware of it, or being able to control its functions and mechanisms.

Consciousness, however, refer to Infinite Intelligence, that which is larger, and deeper than individual awareness. The process commonly referred to as “Ascension”, or Personal and Spiritual Development, is focussed on raising or increasing individual awareness, and so the extended group awareness - whether of Body-Mind interaction, Spiritual or Mystical Union, and attentiveness to the presence of energy, or other entities. Each area of focus contribute to increase awareness and thus making conscious, or bringing into human consciousness an expanded capacity, more knowledge, or alternative viewpoint; to increase the collective consciousness to a higher state, or vibrational association. When we pay attention to one aspect of existence and focus to increase our interaction with that dynamic, it also increases our awareness of a bigger presence with an unseen inter-connection that sustains existence. This may not necessarily lead to a “Consciousness State” (referred to as higher consciousness). Being alert, sensitive and paying attention to one’s surroundings may guide me towards being more “present” as self-actualised and integrated self, or it may swing the pendulum to individuals attempting to escape the challenges presented by this space-time periphery, and what is manifesting is a call to eliminate our ego-controlled defence mechanisms. There are many progressive, sublime levels of consciousness which we are able to experience as we learn to transcend our normal mind. In elevating human awareness beyond our normal thought processes we can experience our true nature and potential, which emerge or transcends from this Higher Consciousness as a state of spiritual or mystical awareness. When we now reconsider the definitions: Consciousness is an ever-increasing awareness of our spiritual essence, our human nature, our potential, the meaning of life, and the underlying spiritual nature of all things. Our Consciousness [as in Higher Consciousness or God, Infinite Intelligence], is the infinite, unlimited part of our being, a state beyond the normal processes of the mind.



“If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation.” – Lao Tzu

Your thoughts shape your reality - change your mind to change your world.

⁴ Bailey, Alice A. 1922. The Consciousness of the Atom. U.K. Lucis Press Ltd.
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What exactly then is Higher Consciousness?

Higher consciousness is a spiritual practice that assists a mystical awareness that there is something, an Infinite Intelligence, that transcends our human awareness. This unseen force is alive and can be interacted with and may be understood by some to be "God". Higher consciousness is a disciplined attentiveness to bring our thoughts, mindset, attitude, and perceptual orientation into alignment with the gap between particles – a presence that fills everything in existence and holds it all together. There are many progressive, sublime levels of higher consciousness which you can experience as you learn how to daily transcend your normal mind, with its thoughts about past, present and future, to enter the infinite, unlimited part of your being. Higher consciousness is an ever-increasing awareness of your own spiritual essence, the meaning of life and the underlying spiritual nature in all things. In elevating your awareness beyond your normal thought processes you can experience your true nature and potential.

"**C**onsciousness" as state, is NOT personal awareness - an orientation of focus. Awareness is an ongoing process that will assist the development of individual consciousness about whatever is presented ... even being fully present, and not being absent minded. While observing - the observed will diminish and awareness will translate into a pure state of "Being in action", without individual consciousness. In that moment – Individual Consciousness is lost and what remains present is "**C**onsciousness".



Infinite Intelligence is not separate from us as form, or a "thing". Rather this Intelligence permeates our being. It is man's own resistance that brings a barrier to our experience of "All that Is", which is Love. Man seeing himself as separate from God, because He/She/It cannot be seen, heard, felt and thus measured and is thus not real. It is believed that only man is real. Reality therefore is existence within the empirical and so man needs to be changed into something other than what IS to become "like" God. This duality of comparison is what prevents man's transcendence and awareness of Consciousness. We are fully conscious as an Enlightened Being [fully informed], when each of us functions at his/her full potential as Divine Intelligence, for man is already fully functioning at optimal state. We are just not aware / conscious of it, due to our own judgements, compartmentalisation of everything into meaningful compartments associated with evidence. As Love permeates our lives, we become saturated with a higher state of consciousness. Love is the truth of the essence of our being and when aligned, rekindles feelings (awareness) of Compassion within us and thoughts and actions are transformed, until every decision made is towards the greater good of all.

Awakening to Ascension.

Many people expect that the patterns of the "New Earth" dynamics would instantly manifest as progression of time and natural evolution evident in the advancement of technology, takes place. Many got extremely despondent as they observed an increase of crime, disasters, disease and the ever increasing gap between those that accumulate wealth and build castles to isolate them from danger; and the need of the masses seen in the world. This contradiction in daily survival of the masses trying to feed the children from the breadcrumbs left under the table led to a controversial perception of duality over an extended period of time. This also causes many to lose faith in possible intervention of a "Spiritual Presence" and the possibility of an ascended state that will instil higher values in the hearts of men (minds or thoughts of human beings). For some it feels they are battling against dark forces that manipulate the minds of men and blinds the eyes to the destruction caused to our environment as they abuse resources for their own enrichment and comfort. Many have taken up the call to try and expose corruption and resist the conspiracy forces with the hope that mass consciousness of these hidden agendas will bring about change. But this is not the way that the New Earth dynamics and the Process of Conscious Evolution work. Universal / Divine Law states that in order for something to physically manifest on Earth, it must be drawn from the intention that pulsates from the heart of people embodied on Earth. In order for the patterns of perfection for the New Earth to manifest in the physical plane – we must first tackle the cause of the maladies existing on Earth. Most people are focussed on changing outer appearances, which are only the effect of the problem. This is like trying to change the reflection in a mirror, without changing the object which is causing the reflection projected in the mirror, as a condition or state of existence outside of ourselves.

So what is the cause for the pain and desperation that underlie the destructive behaviour patterns seen and discomfort experiences for so long, which made humans attack and perceive each other as a threat, building walls of ethnocentric exclusivist conditions of separation and rejection. The cause of maladies on Earth in humanities fragmented and distorted consciousness, is based on duality and the seeming threat of a shortage of resources and the inevitable strive to obtain comfort and security.

To understand “Awakening”, we first need to know how we went to sleep.

This “asleep-like” consciousness, is an orientation grounded in a mechanism of survival, is the Antithesis of reverence for life. We have forgotten who we are and have removed our attention from our Spiritual natures that acknowledge a Consciousness of Oneness and Love. Social Transformation starts by finding viable win-win solutions for every situation or challenge on Earth. An awareness and realization that anything we do to enhance life for any person or living thing, will enhance life for ourselves and our loved ones as well. Just imagine, if everyone operates from this realization, individualistic unique conditioned perspectives will shift and the cause of those maladies would also naturally change.

A non-present person is someone that is unaware of all levels of themselves - Physical sensations, emotional feelings, intellectual abilities, and spiritual passions and motivations. People that complain about confusion, memory loss are generally referred to as absent-minded. Often it's seen in the person that is generally disorganised, never on time, people that have got too much to do and never complete anything, a person that keeps on dropping things, banging arms against doors while walking into a room, bumping feet into cupboards etc, and most of all is that they are not even aware of it. Some people chose to ignore their thoughts, emotions and feelings, simply because they are too painful, and sometimes they are just scared of life. So what they prefer to do is to get an alternative “you” to live a mask in society, so that no-one else will know who they really are. This mechanism we create is so self-occupied in all that it does that you start to believe that the EGO is really you. Consciousness Studies explores how the ego is formed and maintained, eliminating old perceptions that outlived their validity. This process do *not destroy the real you*, but eliminate the effects of the ego. It presents opportunity to replace harmful beliefs with constructive ones that support your “higher self” - the godly gift that you are and the part of you aligned with “Consciousness”, and gives you new principles to live by. The more you arrive back in your self, being present, the more joy and peace you will experience, and the brighter you will shine. Consciousness training therefore explores the blind spots in your perception of yourself, life and others and clarifies your own abilities, peeling of the layers of false identities that does not serve you, and to see what, if anything, remains.

“If we do not believe within ourselves this deeply rooted feeling that there is something higher than ourselves, we shall never find the strength to evolve into something higher.” (Rudolf Steiner).

Consciousness Training.

Modern Physics and Molecular Biology and Neuro Biology; both say that we do create our own realities. Everything in Existence, we are all just waves of vibration of this underlying unified field. We are united at our core and the ultimate emerging understanding will be; there is only One Consciousness, and it is every one of us. We individualise our consciousness through the field of our nervous system, but the Consciousness itself, the very inner subjectivity, is the Self that is Universal. And knowing, or bringing this awareness attentively, or mindfully into our daily experience is called enlightenment. It is the process where we put a pause, or halt in front of our reactions or responses to stimuli, and asking ourselves the question, “Why do I do what I do”... etc? At the basis of all of life's diversity we understand there is Unity. According to John Hagelin⁵ (Ph.D), the basis of this unity of Mind and Matter, is Consciousness. It is not created by the brain, and it is not purely the outcome of electro chemical processes in the brain, but it *is the core unifying field of nature*. Consciousness permeates through our physiology to become the consciousness that we experience as sensory perception.

Self Awareness training incorporate more than self-understanding, which is normally the way the individual defines himself through external or internal characteristics, social grouping or individual perspectives. Awareness incorporate consciousness of thoughts and beliefs as it translate into actions, attitudes and behaviours, self-esteem & prejudice, in the way we impact our environment and the community we live in. **Awakening** is the process of discovering your own personhood within humanity, your self-worth and dignity, and the willingness to follow this passion in a way that can bring upliftment, restoration and growth to society. **Consciousness training** involves developing awareness of what it is that is happening in ones mind that causes or gives rise to certain emotional responses and behavioural patterns. Thoughts create action. At a deeper level, thoughts create the world and experiences I attract to myself. By altering our perceptions and beliefs, we can create a better outcome for our lives. Soul-centred education recognises that there is such a thing as Spiritual Reality. It begins with the principle that we are “Souls” (Spiritual – Beings), having a human experience. This shift in awareness is experienced by some as an awakened consciousness to a greater reality.

⁵ John Hagelin - Professor of Physics & Director of the institute of Science, Technology and Public Policy at the Maharishi University of Management.)

Consciousness, however, is not just an incremental expansion of awareness – it is a complete state of mind orientation. The **Conscious** awakened person testifies of a complete different framework of reference and a unique perception (sense awareness), that is not restraint by a physicality and touch based empirical reality, and revolve around spiritual growth and the bigger picture. This leap in perceptual dynamics allows for a different human experience. As you become aware of deeper dynamics that is unaccounted for in Scientific thinking, the deeper dynamics of the human Psyche can only be expressed in a form of Synesthesia⁶ (Cross-sensing).

Raising Consciousness.

Transformational Coaching holds up the mirror to the client to see what's been done that hasn't worked till now. The client understands that they must look for a different option and decides on a different course. When a person is willing to alter their mindset a bit, the learning is transformative and personal growth takes place. While many of these thought patterns were formed to create an exclusiveness this orientation to life makes me the victim that says if any person disagrees, everyone else are the enemy. So we start living these values of illusion and never find who we truly are. Rather, you are a thinking person that has the choice to do whatever you see fit for your state of happiness and satisfaction. Once liberated from fear of denial, shame and rejection, expressed through the opinions and judgements from others, we realize that life has the meaning that only me will give it. After that my outlook on life changes and my experience of events and circumstances also shifts away from being the victim of something out there ... to me having a new found ability to define exactly who I am, and create the outcome of my future.



Can we be the change we want to see in the world? And how do we create the New Earth? The idea of manifestation is not one of bringing something that doesn't exist into existence, or attracting something over there and bringing it over here. The idea is that what you desire to manifest is already here, already existent, already real. You do not have to do any magical thing to MAKE IT come into existence. It is already existent, it is already within your sphere of reality. It is just that your belief system makes it invisible to you. Manifestation of dreams is not the process of actually conjuring something out of nothing, it is the process of making the invisible visible, discovering of what is real and what are an illusion, and altering perception and your attention until you attract what you are! How then do we escape from suffering? Stay in touch, you will soon find the answers you seek. We regularly publish articles that Inspire and Empower, and give answers and direction for difficult questions. To download your free copy, please visit our blog page at <http://www.metallifecoaching.co.za/blog>. When you really struggle to get beyond a particular event or occurrence and the emotional memory associated with that experience – sometimes you need a little help as well. Please let me know should you like further assistance, make an appointment and we will guide you through the patterns and resolve the dilemmas that block your happiness, excitement and success.

How can we assist you? “Meta-Life Coaching” provide the following services.

- Transformational Life-Coaching and Counseling Services
- Leadership / Business Mentoring and Employment Assistance Programmes.
- Life-Enrichment and Personal Growth Courses / Workshops.
- Consultancy: Spirit Directing and Personal Development.
- Metaphysical Training and Holistic Healing Services.

⁶ **Synesthesia**: In **Psychology** refer to the **stimulation of one sense alongside another**: the evocation of one kind of sense impression when another sense is stimulated, e.g. the sensation of colour when a sound is heard. **Physically**, it refer to one **sensation felt elsewhere in body**; the feeling or sensation in one part of the body when another part is stimulated. In **Literature** - a **rhetorical device**: in literature, the description of one kind of sense perception using words that describe another kind of sense perception, as in the phrase "shining metallic words"

Be the Master of your Life and become Empowered to Change the Quality and Destiny of your Lives?



At, **Meta-Life Coaching**, our Programmes and Courses is designed with your needs in mind to guide you through the transition required to experience a paradigm-shift in your life. Some persons whom have completed our Personal Development Course (Alter point), calls it an "Enlightenment" experience, while others discovered themselves, their dreams and obtained new direction or sense of meaning for their lives. What is your specific need? Find the solution most suited for you and we will guide and facilitate your "Awakening", empowering you to reach your full potential. For more information - visit our website at <http://www.metalife coaching.co.za> and experience a Breakthrough to manifest a "New You".

The **Meta-Life Intention Group** is a support structure consisting of like-minded people who work with Intentional Manifestation to raise Consciousness and Manifest Transformation on Earth. An Intention Group does more than bring a collective group of like-minded people together to collaborate on ideas. The circle of like-minded people will also help you by holding energy with you on your intention to experience a greater reality of who you are, discovering your passion and making your dreams come true ... you understand the power of the collective conscious, right? The results are amazing, it is the best way to tap into the magnificent force of the collective consciousness as we help each other to realign our thoughts, beliefs and attitude with the Universe. An Intention Group is one of the most powerful tools you'll ever experience, because when you connect with even just one other person who is focused on helping you achieve your greatest desires, the opening doors of opportunity don't just double - they become tenfold! The "Meta-Life Intention Group" has been designed specifically to help you with continual information available to explain precisely how YOU get clear, get in alignment, fine-tune and focus to attract precisely what you want to manifest in your life. For more information contact us directly or visit our website at: <http://www.metalife coaching.co.za/mysticschool.php>



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