

DEVELOPING 光 CONSCIOUSNESS

1. What is reality?

The course is about developing our consciousness together.
8 sessions, looking at

1. Consciousness and reality
2. The Mind
3. Spirituality
4. Tradition of Mystical Reality
5. Personal Transformation
6. Spiritual Practices
7. Meditation
8. Reflection

Ground rules

1. Confidentiality: anything shared by members of this group should not be repeated outside this room.
2. People free to share personally – or refrain from sharing – no pressure,
3. Respect for each others' views – everyone listened to.

Consciousness

Consciousness definitions -

1. The experience of being.
2. New Oxford English Dictionary
the state of being awake and aware of one's surroundings, the fact of awareness by the mind of itself and the world.
3. From International dictionary of Psychology:
Consciousness: The having of perceptions, thoughts, and feelings; awareness. The term is impossible to define except in terms that are unintelligible without a grasp of what consciousness means. Many fall into the trap of confusing consciousness with self-consciousness—to be conscious it is only necessary to be aware of the external world. Consciousness is a fascinating but elusive phenomenon: it is impossible to specify what it is, what it does, or why it evolved. Nothing worth reading has been written about it. (Sutherland 1989)
2. New Oxford Universal Dictionary - comes from Con-scios, knowing something with others
Mutual Knowledge, Knowledge as to which one has testimony within oneself

How do we make up our Consciousness?

Catalogue of Conscious Experiences

Visual

Colour

Light and dark

Shapes

3D

Auditory

Telephone –ring- vibration- ear-

Musical

Why does it feel like that?

Olfactory

OSmell

Wardrobe

Most mysterious.

The mute sense – the one without words. Animals v strong – also visual, also different

Taste

Sweet, sour bitter, salt. 4 dimensions + smell = curry, Turkish delight.

Hot and Cold

Hot/cold/ice? on skin. Humid, frost.

Pain

Huge variety

Other body sensations

Hunger, need to pee, itches, sexual, funny bone, balance,

Mental Imagery

Imagination, colour, Coloured patters when one squints, stares. (do it)

Conscious thought

Memory, reason,

Emotions

Feeling moving on, memories, desire, tugs the brain

Sense of Self

Kind of background hum, some phenomology, but hard to pin down.

Developing Consciousness is developing these senses and the way they interact.

We have black spots where they interact and we are unconscious of them. When we experience them increasingly perfectly interacting we become conscious of the ‘order’ that is behind them. That order is the divine consciousness we have been talking about.

Parabola of Experience

The Calendar everyone’s perception of time is different.

Reality – What continues to exist after you’ve stopped believing in it

What judgements have we made about each other?

Can we suspend them?

Making a contribution? Cheques to: Aspen Chapel