

Course Two: The Holistic Model of Reality and the Mechanics of Consciousness

Class 1: The Holistic Model of Reality and the Mechanics of Consciousness

Master Charles

I take this opportunity to welcome you in the awareness of our oneness...one Source, one Consciousness, one God, one Life...a unity in diversity. The One is the Many. It is in this holistic awareness, in this very moment, that you are welcomed.

First and foremost, let us be as wakeful as it is possible for us to be in this very moment. Remember the Balance Position from our Introduction to Modern Spirituality Course. There are two polarities within relative reality, and the key to wholeness is balance. The default dominant polarity is the negative polarity...the objective or exterior polarity. The non-dominant opposite polarity is the subjective, interior polarity of our being. Balance is created and maintained through an emphasis of the non-dominant polarity, the subjective interior.

So let us open our awareness and be wakeful of both relative polarities in this very moment. The interior of our being is always quiet and still and empty. The objective polarity, the exterior, is always dynamic and noisy. I represent your exterior polarity. Yet, simultaneous to it is the interior of your being. Simply open your awareness in this moment to the interior, and keep your focus upon it. In this way, balance is created and holistic wakefulness results. And we are experiencing holistic reality as a wakeful consciousness watching the experience that is happening. So let us continue in this wakeful focus in the Balance Position as we continue with this session.

Welcome to this course entitled, **“The Holistic Model of Reality and the Mechanics of Consciousness.”** This is Class 1. Let’s begin.

Holistic Models of Reality are termed such because they are non-dual holistic philosophies of life. They are holistic because they have one consciousness as their basis wherein consciousness is the source or the ground of being, the substratum out of which all and everything is created. Because of this, Holistic Models of Reality are a truthful path to wholeness and fulfillment. The primary and most important principle of the Holistic Model of Reality is: There is only One.

Further... the very nature of the one consciousness that is all... is bliss. It is a self-delighting consciousness. Consciousness and its innate bliss cannot be separated. Thus the true nature of reality... of life... is joyous consciousness. Existence... joyfully

aware of its existence... is termed blissful consciousness. Such is but the true nature of reality according to the Holistic Models of Reality.

Holistic Models of Reality have existed in many parts of the world for many years. In that part of the world now known as India, they date as far back as eight to ten thousand years in the vast philosophical systems known as the Veda and the Tantra. These systems—the Veda and Tantra—served to strongly influence the religions that evolved into Hinduism and Buddhism. In addition, they have clearly influenced all the subsequent Wisdom Traditions of the planet by informing them during their development as well. We do not live in a vacuum on planet earth. Even the ancient ones—the sages and philosophers of their times—learned from one another. And they all had access to the truths of universal consciousness. The Veda and the Tantra are very truthful holistic philosophical systems. It was natural that the truth they contained would inform and influence those systems that followed. And one way they truthfully informed was through the Holistic Models of Reality they presented.

In the West, Holistic Models of Reality have existed for a long time as well but have only reached consensus for about 350 years, since the Age of Idealism . However, they have largely remained an academic curiosity and have not been incorporated into practice largely because the Holistic Lifestyle to actualize them was never developed—until recently when the Synchronicity Holistic Lifestyle was actualized and validated. But more on that later.

In 1970, I was sent to my teacher Paramahansa Muktananda in India. I was educated and trained under his thumb in these ancient and time-honored Holistic Models of Reality and it became my life work to translate them into modern Western terminology. Of course, this is at the trans-egocentric spiritual level of experience which is much more subtle than the egocentric religious level. I teach modern spirituality... not modern religion.

I began that exploration in my years with Muktananda, fine-tuned it and, of course, applied it to myself. In other words, anything I recommend in the Holistic Model of Reality and the Mechanics of Consciousness I have validated in my own experience. And based on that validation, I delineated it in ways that could be shared with and be relevant to Western culture. So the Synchronicity Experience of Modern Spirituality is based on the Synchronicity Holistic Model of Reality, which is a contemporization, a modernization of the ancient classical holistic model of reality.

To understand the contemporized Synchronicity version of the Holistic Model of Reality, you have to go back to the ancient classical traditions that we mentioned above. So, let's explore that just briefly.

According to the classical traditions, it all begins with the Ultimate Mystery or that which is beyond all experience, sometimes called the Void, to denote that which remains forever a mystery beyond all experience. This Ultimate Mystery often termed the Void to denote a term coined by the Buddha. It is has also been termed the “Pregnant” Void, to indicate that within it all possibility is contained. The “Pregnant” Void also denotes its primary intention within itself, and that intention is to fully be itself or to fully know itself. But in order to know itself and be itself it must experience itself and thus, consciousness creates the relative field as the arena of all experience because all experience is relative. Furthermore, because all experience is relative, the relative field is a multi-dimensional two-polarity field of polar opposites from subtle to dense which allows experience to actualize.

We can only experience something, anything, in relation to its opposite. For example, to experience cold we must also experience hot. To experience love, we must experience fear; and so it is with all the polarities of multi-dimensional relative reality which are variously termed: negative and positive, objective and subjective, exterior and interior, being and becoming, manifest and unmanifest, phenomenon and noumenon, and so on and so forth to denote opposite polarities.

Yet, in truth there is only one consciousness as both polarities—the essence, the substratum, the ground of being of all and everything is the same one...the same source consciousness. So both polarities of the relative field are the same blissful consciousness in essence. Since the creation cannot be different from the creator, a pertinent analogy is used. Clay pots may have different shapes and sizes, but they are all made of the same clay.

Let's pause a moment and take a breath. Let's be as wakeful as it's possible for us to be in this moment. Let's remember the Balance Position and the focus on the non-dominant, interior polarity of our being, and through its actualization create balance and holistic expansion of our awareness...wakefulness...wherein a witnessing consciousness can simply watch both polarities simultaneously, both interior and exterior...as the same consciousness. A witnessing consciousness only ever watches itself as both polarities...interior and exterior are the same one consciousness.

Let's continue.

Within the relative field, there are six levels or what are called dimensions in consciousness. These are, from subtle to dense, the Supra-causal, the Causal and the Subtle, which are our subtle dimensions and the Mental, Emotional, and Physical, our dense dimensions.

Of course, the relative polarities are operative in each dimension and the negative

polarity (the objective polarity) is the default dominant in each dimension. However, at the subtlest levels within the subtlest dimensions of consciousness—the subtle, the causal, and the supra-causal—there is more relative balance and proportional holistic awareness. This experience is termed wholeness or unified consciousness. The two polarities are truthfully experienced as one blissful consciousness in the unified state of awareness.

The Holistic Model of Reality also delineates two cycles of consciousness within relative reality. Again, you remember that the primary intention within source consciousness is to fully be itself, and to do this it must fully experience itself. Accordingly, within the relative field of experience it begins the process of progressively contracting and densifying itself from consciousness into energy into matter and dense form—the forms of consciousness. This first cycle is termed the Involutionary Cycle.

In the involutionary cycle the polarities become more increasingly imbalanced and the negative polarity becomes increasingly dominant. Form dominates formlessness, the exterior dominates the interior, the objective dominates the subjective and holistic awareness is progressively forfeited or greatly reduced the more density there is in consciousness. Along with densification, consciousness diversifies itself into infinite forms and in the process, progressively forfeits its self-awareness as it invests and identifies itself with illusion. The ego emerges as the instrument of illusion in individuated consciousness. The primary egoic illusion in consciousness... is the illusion of separation and difference. I as a subject am separate and different from all the objects that I encounter. Holistic awareness is lost in illusory identification. The experience of blissful consciousness is obscured and replaced with fragmented illusory suffering. And yet this is perfectly appropriate because Source Consciousness must first experience what it is not in relative reality in order to experience or be what it is.

Again, the experience is that of separation—the primary illusion in consciousness that one is separate and different from all and everything. And yet, in truth there is only one consciousness as both polarities. How can the one experience itself as two? How can it experience itself as other than it truthfully is? The answer is through egocentric illusion. Consciousness pretends to be other than the one consciousness it is, thus obscuring itself from itself. So, the experience of egoic separation and resultant fragmentation in consciousness can only happen through illusion. It is like living within a dream and fully believing that the dream is real. Now you can see why this entire cycle of contraction into form is termed the involutionary cycle of consciousness.

What exactly is the experience of illusory egoic separation? I term this the experience of fragmentation to denote its opposite from wholeness. The symptoms of fragmentation, due to the polarized imbalance of egoic illusion, begin with isolation from all and everything. Expectedly, the primary symptom is human suffering to denote

the opposite of the joyous experience of wholeness.

As polarized isolationism progresses in increasing imbalance, dominant egocentric experience emerges as the primary symptom. The objective dominates the subjective and fear dominates love. Finally, the ego-driven mind, consumed in illusion, becomes obsessively self-focused, termed obsessive narcissism—an extremely fragmented state and characterized by suffering and misery. The forfeiture of holistic awareness in this extremely imbalanced state makes the fragmented state seemingly inescapable and suffering reigns supreme. This is immersion in ego-driven virtual reality. The result is always suffering.

But once consciousness, in individuated form, is full in the experience of egoic illusion, of what it is not, it shifts from its involutory cycle into its evolutionary cycle, or the cycle by which it fulfills its primary intention to fully be itself through the experience of itself. In using this term—the experience of itself—I mean the experience of wholeness. At this point, a most important experience happens—the experience of Awakening. This experience, usually brought about through the agency of an authentic master, is the beginning of the evolutionary cycle of consciousness.

The experience of awakening is brought about by the extreme imbalance of the two polarities, negative default dominant over positive. One polarity can dominate the other but cannot eliminate the other, and when through extreme imbalance one polarity does radically dominate the other, the opposite polarity actualizes and the two polarities balance. The principle is that when a polarity reaches its extreme it manifests its opposite. The experience is that of Awakening through balance.

With awakening, and the beginning of the evolutionary cycle, the principle of balance becomes most important. The Principle of Balance is one of the most important principles within the Holistic Model of Reality and the Mechanics of consciousness. In order to actualize balance, emphasis must be placed on the non-dominant opposite polarity, the positive polarity... the truth in relation to the illusion. In this way, both polarities become increasingly equalized and balance is increasingly actualized.

The Balance Position makes the concept of balance an experience of balance. Since wholeness is proportional to balance within the relative field that governs all experience, it is most important. So again, be wakeful here and now...pause...breathe...focus on the interior of your being...quiet, still, interior simultaneous to exterior...create the balance that allows your holistic awareness to actualize...and simply be wakeful in the experience of holistic reality—true reality as one blissful consciousness. Both polarities are the same consciousness, and consciousness as the eternal witness watches both polarities simultaneously in the awareness that they are both the same consciousness. Again, let's maintain this balance

position as we continue.

With progressive balance of the relative polarities, beginning in the dense dimensions of the physical, emotional and mental, fragmented illusion yields to holistic truth. In the evolutionary cycle, consistent, relative balance delivers what is termed harmonic coherence of the energies within a dimension. This harmonic interaction of the dimensions means that balance in one dimension allows the dimension above it to likewise actualize. Then all the dimensions progressively actualize based on this principle. The dense dimensions ... the physical, emotional and mental ... I term the Primary Trinity, and these three dimensions must be balanced first. They are the foundation of our multidimensional consciousness. The pertinent analogy is the building of a skyscraper. Explain.

With balance in our dense dimensions, our individuated consciousness experiences a reversal of polarized dominance from the default negative to the opposite, the positive—from illusion to truth. Progressively the truth dominates the illusion and the ego as an instrument of illusion is progressively dismantled. So you can see that the evolutionary cycle is a process, a process of progressive integrative wholeness from dense to subtle through all the dimensions of our multidimensional consciousness as consciousness evolves self-awareness, relinquishes illusory separation and recognizes itself as one. Again, the truthful statement of the Holistic Model of Reality is, “I Am...All is...One”. This recognition (or unification in relative consciousness) is the experience termed wholeness with its resultant fulfillment.

Completely opposite from the miserable symptoms of fragmentation and suffering experienced deep in the involutory cycle, the experience of the apex of the evolutionary cycle is wholeness and fulfillment as the true nature of consciousness—the innate joy of life, love, contentment, peace and bliss. Here, the Holistic Model of Reality delineates the holistic experience of consciousness fully being itself as balance, wholeness and fulfillment—the experience of blissful consciousness.

Again, I remind you...pause...breathe...focus your awareness in the here and now of true life...true consciousness, emphasize the non-dominant, the interior polarity, the stillness in relation to the noise...maintain this focus and observe your holistic awareness expanding...wholeness proportional to balance...wakefulness. We are here and it is now. We are but a witnessing consciousness watching itself within relative reality as both polarities...interior and exterior are the same one. And in the process we are more contented for we are more aware of the innate joy that is our true nature, and we can more truthfully say we are blissful consciousness, all is blissful consciousness. Let's maintain this wakeful focus as we continue with this session on The Holistic Model of Reality and the Mechanics of Consciousness.

When you begin to create balance in yourself, your holistic awareness expands and you will easily bring the same balance into the world around you so that your wholeness becomes your contribution. Why? Because wholeness has the highest or greatest amplitude of power. If you want to make a truthful contribution to the world around you, the high-amplitude power of wholeness is required.

Once you understand the Holistic Model of Reality and the Mechanics of Consciousness within relative reality, it's up to you to apply it and daily live it—to embrace the Holistic Lifestyle fully. When you maximize that investment in self-awareness you align your individuated consciousness with universal consciousness. Universal consciousness has but one intention, which is to fully be itself, to be whole and fulfilled in the full recognition of the blissful consciousness that it and all is. Then you create harmony within yourself in terms of your individual and universal dimensions, and the two ultimately become one. The real reason you have to learn how to live with balance in an imbalanced world is because your wholeness and ultimate fulfillment depends upon it.

So, in summary, this is a brief introduction to the Holistic Model of Reality and the Mechanics of Consciousness. In the great wisdom traditions, it has been termed the instruction manual for being human. If you understand and apply it, it can deliver the mastery of what it is to be truly human...to be fully alive...to be whole and fulfilled...to have the experience of blissful consciousness as a constant.

But, let us not end this session with mere concept alone. Let us rather apply what we have learned and actualize it as our experience which we are already doing, which we have been doing so since the beginning of this session through practice of the Balance Position. To review, the most important principle within the Holistic Model of Reality and the Mechanics of Consciousness is the principle of balance—that wholeness is proportional to balance and fulfillment is proportional to wholeness. It all begins with balance.

The interior ... simultaneous to the exterior. We are here and it is now ... in this very moment...through a focus on the interior of our being...simultaneous to the exterior...our holistic awareness expands...wholeness...proportional to balance...and in wakeful holistic awareness we are but a witnessing consciousness watching the experience of itself happening...as both polarities...subject and object...interior, exterior...one consciousness. We are here and it is now...and the present becomes our presence...in this moment of the consciousness that we are...that all is...our presence as blissful consciousness. This is true holistic experience...it's what the Holistic Models of Reality of all the great wisdom traditions have always delineated...the actualization of it through the Holistic Lifestyle ...the experience of it rather than just the intellectual concept of it. And as you have observed, it can easily be actualized and validated in and

through the Balance Position that we have practiced throughout this session.

Remember, we at Synchronicity Foundation for Modern Spirituality established our foundation with the intention to actualize the Holistic Model of Reality and validate it in our own experience before we shared it with anyone else for, in turn, their own validation or falsification. Only when we had done so and experienced that it worked did we share it with the greater public, with our world. Based on the experience, not just the concept but the experience of the Holistic Model of Reality and the Mechanics of Consciousness the world was also able to validate that it is true that it works to deliver the experience of true reality, which is the whole point of Modern Spiritual experience...to experience true reality.

We are here...it is now...there is only One...and we are experiencing Oneness or wholeness. "I Am ...All is...One...Blissful Consciousness". So this then brings us to our completion for this session. And once again, I take this opportunity to welcome you in the awareness, the experiential awareness, right here and right now...of our Oneness. Yes.