

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

Class 3: Awakening and the Evolutionary Cycle of Consciousness

I am pleased to welcome you to the third class in our course on the Holistic Model of Reality and the Mechanics of Consciousness. This Class is entitled, "*Awakening and the Evolutionary Cycle of Consciousness*".

Before we begin, this class will be more meaningful if experienced in balance. And in creating balance, let us first pause, just slow down and relax. Begin by taking some deep breaths. Feel yourself slowing down. Feel your breathing slowing down, your heartbeat slowing down, yourself relaxing, any tension releasing. This is a simple relaxation technique that we unconsciously employ all the time, and now it has your wakeful attention. It is volitional. And it is creating balance. Continue watching the breath and watching yourself relax. A calmness and peacefulness begins to appear in your experience. You are creating balance.

In our session last week we practiced the Balance Position and you were encouraged to continue your practice during week. Were you able to actualize the Balance Position consistently throughout the week — in your waking hours and also in your meditation? So you had the experience of establishing the Balance Position of the interior simultaneous to the exterior. When you are quiet and relaxed and watching your breathing, you will find the Balance Position very easy and close at hand, and only a brief reminder will help you to actualize it. Throughout our session today, we will remind ourselves from time to time of the importance of balance. We will watch the breath, we will watch ourselves slow down and relax. We will focus on the Balance Position, and we will do so for the duration of the presentation of this class. And lastly we will observe our experience of balance in duration, the experience of blissful consciousness. After all, practice makes perfect!

Let's now continue with our class. You know by now that we live in a relative reality. The consciousness that we are (and that all is), exists to experience itself and, through that experience, to fully be itself in its wholeness and fulfillment. Our previous class introduced the creation of the relative field some 14 billion years ago and corresponding to the 'Big Bang' theory in modern science.

Because the intention in consciousness is to fully be itself, it must first experience itself. Thusly, it creates an arena of experience, the relative field in which reality is experienced through two opposite, relational polarities. These two polarities are given different names, different labels, simply to denote they are polar opposites. Examples would be positive and negative, subjective and objective, interior and exterior, un-manifest and manifest and so on.

In the two previous classes, you also learned the brilliant way in which the One consciousness experiences itself as more than the One it truly is. It pretends to not be the One consciousness that it is. It illusorily becomes the many. It creates an instrument of illusion, the ego, to create itself as separate and different from all and everything. It mires itself in density and illusion and, in doing so, the One consciousness forfeits its holistic awareness of itself and experiences the pathology of imbalance (and the misery and suffering that is associated with this contracted, dense state).

Yet, as we also noted in our previous class together, this is all perfectly appropriate because consciousness is, after all, only fulfilling its primary intention, to fully be itself through the experience of what it is not. Only when consciousness is full of the experience of what it is not can it experience that which it is -- and fully be itself.

Our last class was focused on the Involutionary Cycle of human experience. We demonstrated this again in our first Illustration. This illustration depicts the Involutionary Cycle as a downward contraction in consciousness within the relative field from the subtle to the dense. This is also shown in our second Illustration where we see a dimensional representation in which consciousness contracts from the subtle dimensions represented here as the supra-causal, causal and subtle into the dense dimensions of the mental, emotional and physical. In the third Illustration we also see the contraction, the involution, the densification depicted as energy into matter and form. The process concludes in the densest part of the Involutionary Cycle — at its nadir where the negative polarity is dominant to its maximum and there is maximum imbalance in consciousness.

Remember that one polarity can dominate the other polarity, but it cannot eliminate it. Furthermore, when one polarity reaches its extreme, the opposite polarity actualizes. Let's look at this most important point in human consciousness. This point is termed Awakening.

When one is full in the experience of suffering, when one has had enough of the illusion of what one is not, there arises a balance point in relative reality. This point is automatic and intrinsic, and the balance point is between the two cycles of consciousness, the Involutionary and the Evolutionary Cycles. You could consider it as a reference point between illusion and truth — in other words, between what we are not and what we are. When we reach that point -- absolutely full in the experience of what we are not -- a gateway opens in our consciousness and we glimpse the truth of who we are relative to the illusion of what we are not. Again, this point is termed awakening.

You awaken out of a dream. You dreamed a dream that you were separate and different from all and everything. You believed the dream. You identified with the dream. You immersed yourself in it. You lived it. It was your reality, and you never questioned it. It would be as if you went to sleep, had a dream and never woke up, remaining in the dream forever and fully believing that it was real. You continued dreaming the dream for eons of time thoroughly identified with the content of the dream until the moment came when you awakened from it. You woke up from the dream and said, "Oh, I'm awake. I must have had a dream. It seemed so real. I can hardly believe it was a dream. But now I see that it was a dream. Oh, my! What a nightmare! But, I am here. Let me pinch myself to be sure! Yes, I am awake and alive, and I see that I am so much more than the dream."

This is the Awakening experience, and it is almost always brought about through the agency of an authentic master. It represents the end of the Involutionary Cycle of consciousness and the beginning of the Evolutionary Cycle.

This is a good point in our discussion of awakening to pause in the presentation and check in on our wakefulness and balance. Where are you? Are you watching your breath? Are you remaining calm and relaxed? Have you slowed down? When you were listening to this story of the illusory dream, were you wakeful in the Balance Position? If so, maintain your balance and enjoy your experience of blissful consciousness. If not, then

let's bring back awareness to the interior polarity, simultaneous to the exterior polarity of this presentation, and recreate the Balance Position. Our attention allows us to continually check in on our wakefulness and restore balance ... over and over again if necessary. Just remember that the exterior polarity is default dominant and, like a powerful tide, it's always pulling us out to sea. It requires the positive dominant power of wakefulness to maintain balance in our imbalanced world.

Take a deep breath and relax. Watch your wakefulness and let's resume. From previous illustrations, you remember the point of awakening depicted at the bottom of the circle. This is the point in the Holistic Model of Reality where the Involutionary Cycle ends and the Evolutionary Cycle begins. You may have read about experiences of awakening. Those that appear in print are often very dramatic. Perhaps you have had your own experience of awakening. Whatever you may have read of, heard of, or even personally experienced, you can be sure it is unique. I have read of awakenings that were powerful experiences of the divine, lasting a little while or more. In some cases they were frightening to the individual experiencing them, totally foreign to any mental concept. Yet, many experiences of awakening are completely missed because they are so subtle. As noted above, awakening is simply the experience whose time has come and is usually through the agency of an authentic master.

Following awakening, there is a post-awakening process. Consider the point of awakening as on a bridge that spans a river. Even after awakening you are still on the bridge. The momentum of consciousness in the post-awakening period is moving up the Evolutionary Cycle. But at this point, one is completely burdened with all of the illusory baggage of the Involutionary Cycle. There is simultaneously a push forward and a pull backward. Thus, one may advance and then retreat backward as truth and illusion oscillate in intensity. Time on this bridge of awakening is highly variable. The habits of dominant illusion are strong, and as yet there is little balance brought to the imbalance of the dense dimensions — the mental, emotional, and physical dimensions of the Primary Trinity. But awakening has happened, the Involutionary Cycle has come to an end and the evolutionary process is inevitable. It's actually a time for great celebration, but sometimes it does not feel like it.

In fact, we must acknowledge that this can be a time of great confusion. The ego-driven mind and its illusory database have just come from a time in which they reigned supreme and, even in beginning of the Evolutionary Cycle, the awakened individual remains imbalanced and identified with illusion. Here the habits of illusion remain strongly entrenched. The pathology of imbalance and the symptoms of fragmentation remain dominant. Let's briefly review the experience of fragmentation in consciousness that we covered in Class 2 just to remind ourselves what we are up against.

The symptoms of fragmented, imbalanced experience -- in order of increasing severity -- are: 1) Polarized Isolationism, descending into 2) Egocentricity, separation and duality, and finally collapsing into 3) Obsessive narcissism and selfishness.

In the depths of the Involutionary Cycle, all of these symptoms of fragmentation are operative. In this state of fragmentation, sustained egocentricity, duality and separation progress into a very isolated and polarized identified state with dualistic illusion. The illusion of ego is dominant here. Further, holistic awareness is forfeited and fragmentation reigns supreme. All experience is egocentric or self-centered. The illusory identity of the ego becomes obsessive. The ego places itself first over everything else. This is selfish experience. It is extremely fragmented and limited.

I have presented these points so that you can easily see why there may be oscillation back and forth on the bridge of awakening and why the pull backward into illusion may be very intense. To completely break this grasp of the illusory dream requires holistic power and that power must come from the principle of the Mechanics of Consciousness — the principle of Balance. It's also clearly worth noting here that this time of great confusion essentially requires the evolutionary necessity of the authentic master.

With awakening -- and the beginning of the Evolutionary Cycle -- the principle of balance becomes most important. Let's say this one again ... the principle of balance becomes most important. In order to actualize balance, emphasis must be placed on the non-dominant opposite polarity. This is the positive or subjective polarity ... in other words, the truth in relation to the illusion. In this way, both polarities become increasingly equalized and balance is increasingly actualized.

Time for another balance break. Are you relaxed? Are you watching your breath? Are you maintaining the Balance Position? Have you become overly identified with the content of this class, or not? Are you watching the content simultaneous to your interior stillness? Let's check in on the Balance Position because actualization of the Balance Position makes the concept of balance an experience of balance. It is simply acknowledging your objective focus and simultaneously being aware of your interior polarity. One is busy. One is still. And that is why we practice it over and over in these classes. Where are you in the experience of balance? Are you maintaining balance, the Balance Position? Just continue to focus on this experience — watching the outside and the inside of yourself at the same time. What is your experience? Are you more wakeful in balance? What is your experience of the reality of balance? Are you experiencing a true reality of balance as the experience of blissful consciousness? Remember that wholeness is proportional to balance within the relative field that governs all experience, thus balance is most important.

Let's return to the Illustration that depicts the multi-dimensionality of the relative field from subtle to dense. In the Evolutionary Cycle, consistent relative balance delivers what is termed harmonic coherence of the energies within a dimension. Furthermore, the dimensions are harmonically interactive with each other, meaning that balance in one dimension allows the dimension above it to actualize. Then all the dimensions progressively actualize and interact harmonically, based on this principle.

Our three dense dimensions: they are called the physical, emotional and mental, and they must be balanced first. They are the foundation of our multi-dimensional consciousness. They're also the most dense and they require intense attention to balance and then intense intention to maintain the balance in duration.

With the advent of the Evolutionary Cycle in the post-awakening period, two considerations become of utmost importance: 1) a holistic lifestyle (this must include meditation); and 2) the guidance and the empowerment of an authentic master. As noted earlier, one can say that the authentic master is an evolutionary necessity.

A holistic lifestyle must emphasize the non-dominant positive polarity. In the physical dimension, this is primarily through emphasis on a balanced

diet and regular, aerobic exercise to create biochemical, hormonal and neurochemical balance in the human form.

In the emotional dimension the focus of balance is on emphasis of life-affirmative, positive, love-based emotions to bring balance to the dominant fear-based emotions that have transferred from the Involutionary Cycle. In the mental dimension, this means directing the mind to positive affirmations where there is unconscious, repetitious thinking. It also means a regular meditation practice to create whole-brain synchrony and a meditative brainwave pattern. Here the inconsistency of the traditional, classical meditation techniques essentially demand a precision approach to meditation such as through Synchronicity High-Tech Meditation, which has been proven for its accelerated efficiency in delivering brain balance and the experience of wholeness and fulfillment.

Remember that meditation is the primary balancing technique in human experience. However, alone it is not sufficient to deliver the balance and holistic power to reverse polarized dominance from the negative to the positive and to deliver the experience of wholeness and fulfillment. One absolutely must have a Holistic Lifestyle (which includes meditation), but it must be comprehensive in its balancing strategies in the dense dimensions. Furthermore, the Holistic Lifestyle must be practiced daily.

Let's gain return to the previous Illustration depicting the multi-dimensionality of consciousness in the relative field. Now we can follow the progression of balance from the dense dimensions into the subtle dimensions. With balance in the dense dimensions, the subtle dimensions open and actualize and each dimension then yields to the next subtler dimension allowing us to move beyond the mind in the direction of increasingly subtle and unified states of consciousness. With consistent balance, we can experience constancy in holistic awareness and our experience is that of true reality -- the experience of wholeness and fulfillment as blissful consciousness.

And now I'd like for us to revisit our 4-quadrant model of relative reality Illustration, and we will begin to complete the Evolutionary Cycle. To review, the Holistic Model of Reality is a four-quadrant model. We begin in the left upper quadrant. With the creation of the relative field, the positive polarity is dominant over the negative polarity, and the experience is of a unified state. But the intention in consciousness is to fully be itself. Thus,

consciousness densifies (or contracts or involutes) into energy and into matter — the finite forms of consciousness in infinite manifestation. Thus the positive polarity progressively decreases and the negative polarity increases, as the Involutionary Cycle progresses. This is shown in the left lower quadrant, where the negative polarity progressively increases in dominance, and the positive polarity likewise decreasing. In the depths of the Involutionary Cycle, this imbalance to the negative polarity is extreme.

Following awakening and the beginning of the Evolutionary Cycle (shown in the right lower quadrant), the negative polarity remains highly dominant over the positive. But the Evolutionary Cycle has begun and consciousness has momentum. With progressive balance, emphasis on the non-dominant positive polarity progressively increases in the dense dimensions. With balance in duration, the subtle dimensions actualize (as shown in the right upper quadrant), and polarized dominance reverses to the positive. With progressive positive polarity dominance, human experience becomes true reality -- a witnessing consciousness watching itself as one blissful consciousness.

This brings us to the experience of positive polarity dominance that I have just mentioned. With balance in duration, the mind is still. Wakefulness (or self-awareness) is progressively substantiated. The subtle dimensions progressively actualize and are substantiated. The experience of subtle-dimensional dominance is the high frequency, high amplitude, high power vibrational energetic of wholeness. The resultant experience of fulfillment may be characterized by many descriptives including peacefulness, contentment, delight, happiness, joy, opiation, love, and many others. It is all summarized as blissful consciousness. This is the experience of true reality, the experience of consciousness fully being itself.

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. You have to embrace the holistic lifestyle fully. When you maximize your investment in self-awareness, you align your individuated consciousness with universal consciousness. Remember that universal consciousness has but one primary motivation. It is to fully be itself, to be whole and fulfilled in the full recognition of itself as the blissful consciousness that it -- and all -- is. Then you create harmony within yourself in terms of your vertical polarities, your individual and universal

dimensions and the two ultimately become one. It's easy to say that the real reason you have to learn how to live with balance in an imbalanced world is because your wholeness and your ultimate fulfillment absolutely depend upon it.

As we come to this point in our class where we're about to close, let's revisit balance. As we have gone through this process in this session together, our focus has been on relaxation, watching your breath, and slowing down -- focusing on the Balance Position. Have you maintained your balance through this practice? The Balance Position must be practiced as often as necessary to maintain it. Your experience of wholeness is proportional to balance. Thus, your assignment for next week is to continue practicing what we've practiced today, and we will employ it throughout our next session -- which will be our 4th Class of the Holistic Model of Reality and the Mechanics of Consciousness.

In our 4th class we will begin to summarize our experiences including some common questions that often arise from studying and experiencing the Holistic Model of Reality and the Mechanics of Consciousness. We would like to have your questions, so please send them to our online discussion site where they will be taken by our course staff. You now have the necessary conceptual framework for understanding and applying the Holistic Model of Reality and the Mechanics of Consciousness in your own life. Remember, all Synchronicity School of Modern Spirituality Courses are about becoming grounded in truthful concept, and then applying and transcending the concept as it becomes your experience. What's the old saying? "Experience is always the best teacher."

This concludes our 3rd class on Awakening and the Evolutionary Cycle of Consciousness. The 4th class in our course will be next week. I'll see you then.