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The Mind of Consciousness

The Mind of Consciousness begins by outlining all the variables for the greatest developmental struggle of them all, understanding how your non-biological primary 'I am' reality (non-moving consciousness) interfaces and functions with your biological created secondary 'I am this or that' reality (creating the moving mind). The interplay between non-biological consciousness and the biologically created mind constructs the stage for our greatest challenges, dilemmas and dramas. That interfacing reveals the hidden design within personal existence as the interplay forges the evolution of individual consciousness, literally forcing individuals to participate within that journeyless-journey whether or not they know they are participating or want to participate in that adventure.

To achieve an experiential understanding of what moves (the mind) to what does not move (consciousness) the first four chapters evolve an intellectual foundation, using reproducible logic, while the remaining chapters define practical processes to experience that foundation. The combination unveils practical and experiential procedures allowing the reader to define his or her existence in relation to the source of their existence. The result of that action reveals the intent of this book, and that is to provide a direct pathway for each to experience a personal connection to however one envisages the source of creation, and is achieved without beliefs or constructs of any kind. This is 'touching' what cannot be physically 'touched', which is learning how your primary 'I am' reality can directly experience the 'I AM' of creation. Walking upon that pathway is a personal choice that no one anywhere can force another to do. You either do or do not. There is no in-between.

Having great intellectual knowledge is obviously beneficial to life. Gaining a personal connection to the source of life is the life of that life and intellectual knowledge, no matter how profound, will never reach the core of existence with the use of incorrect tools. Knowing what tools to use is an elemental aspect of the book.

The book unveils an experiential spirit commonality that acts as a binding force for humankind within and from one creator source. Philosophy, psychology, and religion have created terminology differences, potentially isolating that commonality, fragmenting existence into isolated and controlling survival patterns. The text supports individual experiential understanding, creating a spirit driven foundation for existence, reuniting human to human in a progressive and unguarded spirit evolution.

Sometime in your life you will have a need to know the how and why of existence. It strikes everyone somewhere in their short physical journey upon this planet. Some will ignore it, which can create an entirely new set of issues

and problems, whilst others delve into that investigation with unrelenting fury. The text of this book is designed to support that investigation

Throughout your life you have two realities at war with one another: the primary 'I am' reality, formed from non-biological consciousness, and the secondary 'I am this or that' reality, formed by the biological mind. You may not be aware of, or even appreciate, the internal conflict these two inter-connective and inter-dependent realities create. However, you experience the resultant turmoil and confusion their subliminal battles establish by not having an experiential appreciation of how those realities are formed, function and potentially control your life. This book delineates the causation of those ongoing internal battles and outlines processes to help overcome the sense of frustration, isolation and discord they generate.

Consciousness awareness is your commonality with every existent human. The mind is what creates discord and isolated separation highlighted by physical, mental, social, educational and religious differences, which in turn establish inequality as well as all the destruction and violence within existence. Knowing the interconnectivity and component functioning of consciousness and mind establishes experiential knowing of 'how' and 'why' a material mind is linked to non-material consciousness. The knowing allows our consciousness commonality to become the guiding force within individual existence, creating the potential to establish permanence out of impermanence.

Within daily living, everyone encounters a wide variety of anxieties and fears, as well as subtle and gross forms of mental and/or physical abuse and control. The text provides numerous avenues to experientially evaluate causation of those anxieties, fears, and violent patterns by revealing 'how' and 'why' individual restrictive borders of learning are created and maintained. This method of examination creates empirical processes that afford you the opportunity to make an informed choice rather than a conditioned reaction: providing a more secure, productive, directional and enjoyable life.

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The intent of this book is to provide a foundation to explore your existence by establishing experiential and practical investigative methods for that exploration. It will not create a belief system or constructs for you to copy but expose experiential pathways for you to use in your investigations. Those pathways are not hidden; they are always open to everyone. Veiling those open pathways can be your own held beliefs, constructs, and patterns-of-living, potentially establishing barriers by holding you within their restrictive borders. That does not make those borders wrong, just restrictive. Creating flexibility to those borders by experiential non-restrictive logical pathways opens your vision to a natural evolutionary progression without destroying a held belief or construct, which should be the intent of all educational institutions.

Advanced educational disciplines can have a tendency to lean toward employment creation without much emphasis upon how to live your life. However, how you live your life dictates if you maintain employment or lose it. To be effective, education in all forms must preserve a balance of learning, for if not, an imbalance can appear, fostering the potential to lose equality of

insight, initiating all those issues and problems everyone attempts to avoid. The processes in this book are designed to rectify any potential inequality of learning by exposing practical methods to evaluate 'how to live your life': not by telling you how to live it but by providing empirical processes allowing you to explore that 'how' for yourself.

The main objective is to unfold a commonality of terminology that everyone can use to evaluate experiential methods, providing practical avenues to explore their existence, without impinging upon religious beliefs, created or accepted constructs, or cultural and ethnic sensitivities. The book develops experiential processes to live within integrity of purpose and direction, developing equanimity of insight fostered upon a base of compassionate wisdom, not as an ideal but as an experiential fact. Compassionate equanimity as a foundation for your existence, establishes balance to employment education, creating an opportunity to use that balanced education to extend the same opportunities to others. An extended open-hand creates a bond of trust, breaking the bonds of recycling fear for both the giver and receiver, opening doors for peaceful mutually supportive evolutionary coexistence.

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(*The Mind of Consciousness* has 554 pages)

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