



LUMINOUS
AWARENESS INSTITUTE

ROADMAPS TO AWAKENING AWARENESS

Online Masterclass with Anna-Lisa Adelberg

COURSE WORKBOOK

INTRODUCTION TO THIS COURSE

Welcome to '**Roadmaps to Awakening Awareness**' taught by Anna-Lisa Adelberg, founder of the Luminous Awareness Institute. We are so glad you decided to join us.

This online course includes 2 videos, this downloadable workbook, video transcripts, and access to an upcoming LIVE transmission and integration call led by Anna-Lisa which will be scheduled sometime in June.

In this course you'll learn:

- The ancient origins of this map of levels of mind, and the traditions and personal experiences that inspired its creation
- Anna-Lisa's personal journey towards awakening
- An introduction to the difference between state changes vs. stage change
- Understanding access, frequency, and duration as we shift into different levels of awareness
- The Roadmap: 5 Levels of Mind
- Thought-based knowing vs Awareness-based knowing
- Guidance to help you locate yourself on this map
- An understanding of the benefits available at each level

FINDING THE PATH TO AWARENESS...

Much of the **imbalance** in the world comes from people in a state of pursuit of something. We are **conditioned by our 'ordinary' mind** to think we are seeing the whole picture. We don't often realize that our suffering is caused by the conditioning of a delusional mind that is actually **NOT fully connected to reality**.

One of our primary conditioned patterns in the West is to be in pursuit: to seek fulfillment in our jobs, material possessions, and to pursue a sense of accomplishment for our personal identity. Everyone's trying to be fulfilled through things that can only temporarily give us happiness and are ultimately based on a house of cards.

During today's challenges and difficulties we ask, **'Where do we find fulfillment and stability when everything is breaking down?'**

The difference between a momentary glimpse and a permanent shift in identity is the difference between a **state change** and a **stage change**. In our quest for practices that facilitate stage changes, we explore how today's modern practices fit into a map of consciousness.

This course brings you a simple yet comprehensive Map of Awakening to illuminate what the fundamental source of our stability, freedom and happiness is, which is already here as who we truly are and simply needs to be recognized.

This training is designed to help you wake up, and get uncaught from your 'ordinary' delusional mind. Anna-Lisa will teach you simple instructions about how to shift to incredibly expanded states of awareness.

Explore a comprehensive roadmap to awakening your awareness, moving into the 5 Levels of Mind designed to open up **new levels of liberation and well being** at each step along the path. From there, you'll be able to recognize what will actually fulfill you, resolve your problems, end your anxieties, free yourself from the negativity that surrounds you, and allow you to discover everything you truly are.

ABOUT YOUR INSTRUCTOR



ANNA-LISA ADELBERG

Founder & Lead Facilitator of the Luminous Awareness Institute

Anna-Lisa Adelberg is an internationally renowned teacher, and healer. She is the founder of the Luminous Awareness Institute and has supported thousands of students and clients on the path of awakening.

She is a pioneer in integrating a contemporary nondual path with a healing path. At Luminous Awareness Institute she has developed and teaches a groundbreaking system, synthesized over 25 years that supports the realization of the essential being of who we already are, with practices and inner technologies from a wide variety of sources; Tibetan Buddhism, developmental psychology, neurophysiology, Chi Gong, and subtle energy.

She is dedicated to creating a world of wakefulness, attunement, care and liberation for all beings.

Anna-Lisa Adelberg is well known for her capacity to articulate and transmit about awareness, the mechanics of subtle phenomena and her uncanny ability, to as her students say, "know what's going on inside of me." She is sought after and has guided some of the world's most renowned leaders, healers, and spiritual teachers.

She was a personal student of Chi Qong Master Yoo and studied with Dzogchen Master Lama Tharchin Rinpoche and, as well other teachers in Meditative paths, Somatics, and Subtle Energy.

STATE CHANGES vs STAGE CHANGES

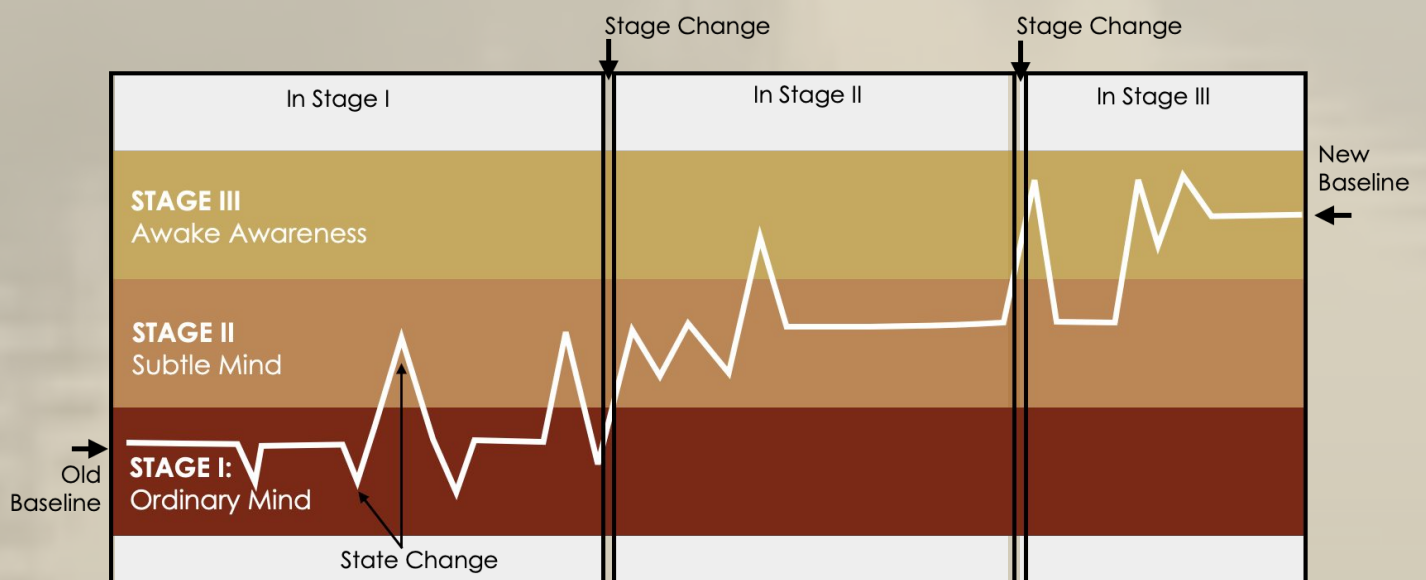
In the process of learning the Roadmap of Awareness and beginning to practice accessing each of these levels of mind, there is a tipping point. What often starts as a momentary glimpse, or a 'state' change, with added repetition reaches a tipping point where we begin to have a new baseline for our daily experience.

When a level of awareness gains stability and is able to remain all the time without effort, we call that a 'stage' change. When a rare momentary glimpse becomes a persistent experience, this is a stage change.

We progress in our stability by accessing and marinating in these levels of mind regularly and remaining in them for longer durations. The pointers given here in this course are meant to be simple guideposts along the awakening path to show you where you are and where to navigate next.

There are three variables that contribute to your ability to stabilize a level of mind and thus have a stage change versus a state change: **Access, Frequency and Duration.**

STATE CHANGE VS STAGE CHANGE GRAPH



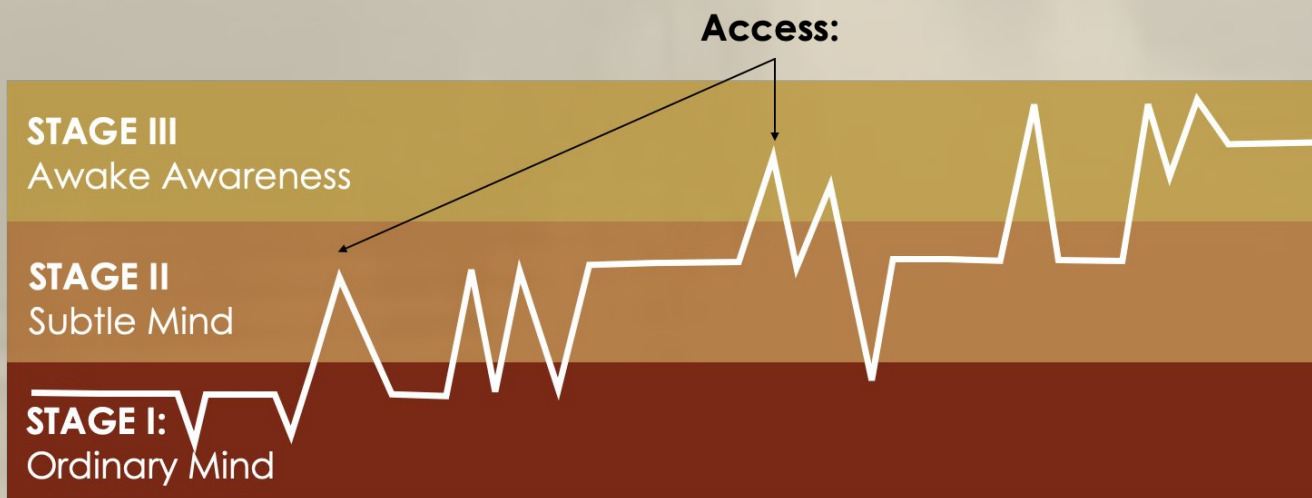
STATE CHANGES vs STAGE CHANGES

ACCESS:

Access refers to our ability to open into these greater levels of mind and be able to view from them. Initially these moments of access tend to occur as a rare spontaneous glimpse. Each time they are accessed, you begin to familiarize yourself with these levels of mind, allowing you to go deeper and deeper into these dimensions.

Something to ask yourself to track your Access:

- *How easily can I access this level of mind? When I go to find this level of awareness, is it easy to find?*
- *Can I shift into this level of mind easily? Or is it difficult to access, meaning it takes a lot of practice and time to be able to open up this level of my mind, and sometimes I have difficulty accessing it at all?*



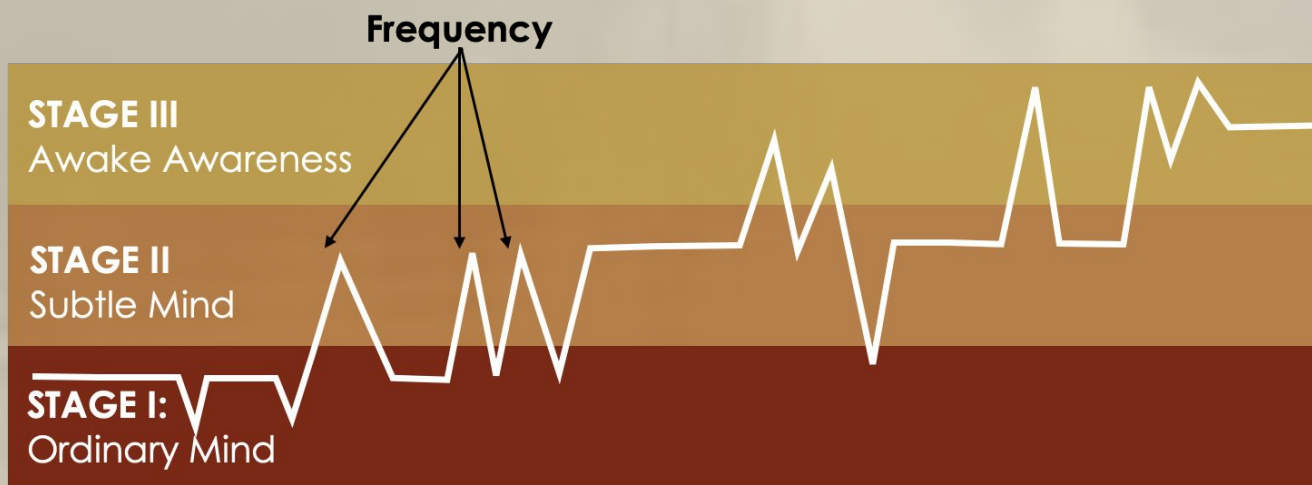
STATE CHANGES vs STAGE CHANGES

FREQUENCY:

Once we begin to access the levels of mind above our baseline we can, through repetition and practice, have more consistent and more frequent access. We begin to glimpse these states more and more at will and our repetition supports us in stabilizing these shifts. A shift from a state change into a stage change involves being able to access these states more and more frequently so that at some point there is a tipping point and the new level remains without effort.

Something you can ask yourself to track Frequency:

- *How frequently do I experience this level of mind?*
- *Is this something that I am able to open to most days?*
- *Can I glimpse this level many times a day or is this something I experience only rarely?*
- *Is there a way I could increase the frequency view from this level, through a meditation practice or learning to glimpse at will throughout the day?*



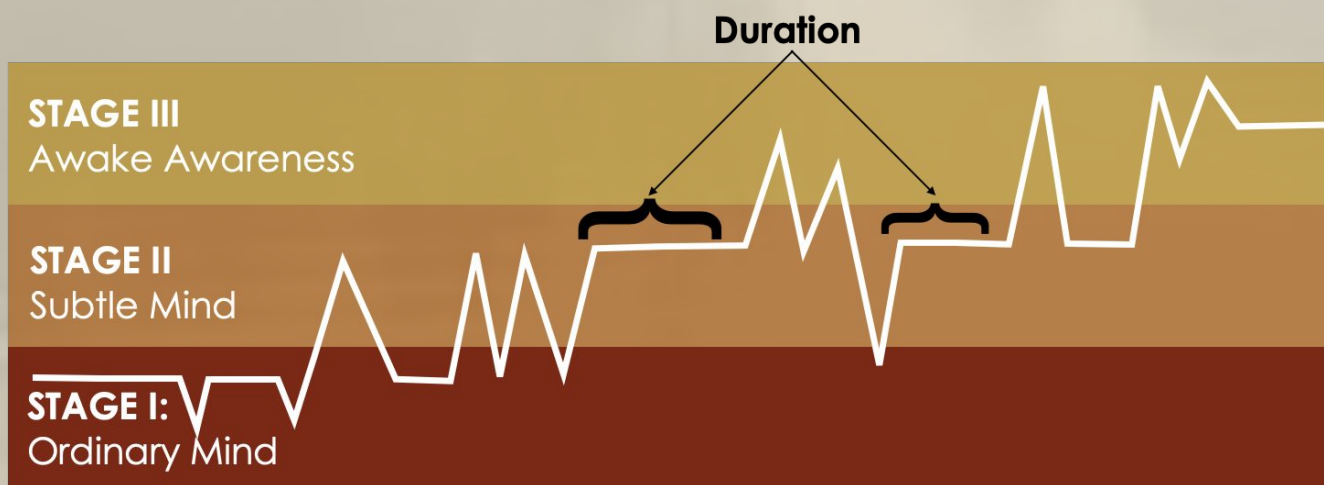
STATE CHANGES vs STAGE CHANGES

DURATION:

Once we are accessing these levels of mind more deeply and more consistently, to make the shift from a 'state' change to a 'stage' change we then use our practice to stabilize these levels, increasing the duration of how long we remain in these states so that over time we can access them consistently and for longer periods of time.

Something you can ask yourself to track Duration:

- *After I have shifted into this level of mind, after meditating or glimpsing, what is the duration?*
- *How long does this shift remain on its own without any effort?*
- *After meditating do you shift back into ordinary thought-based mind, or are you able to remain in a deeper dimension of your own mind for long periods after meditating?*
- *You could also notice once you have shifted deeply into a level of mind, if you continue to glimpse throughout the day what is the duration of time you can remain in this level of mind?*



THE 5 LEVELS OF MIND

ORDINARY MIND



The ordinary mind is what a lot of spiritual traditions refer to as the ego mind. It is the mind that's caught in conditioning and is the enculturated habitual mind. Ordinary mind is the thought-based mind.

This level is associated with being identified with our thoughts and the gross level of reality. The experience of being in this level of mind is often felt as being located in our head, looking out at the world. It is based in duality and a subject-object view. This level is associated with being identified with our thinking and the emotions that arise from it.

THE 5 LEVELS OF MIND

SUBTLE MIND



Subtle mind is the movement from being caught in the ordinary mind (the thought-based knowing), into a more direct, awareness-based knowing. Instead of being identified with the thinker, we become the awareness of our thoughts, beliefs, emotions, and sensations.

At this level of mind, awareness has not yet discovered its boundless limitless awareness, which is an aspect of awake awareness. In subtle mind, awareness is experienced as a witness consciousness, "I am aware of my thoughts, or I am aware of a part of me ..." There is still duality here and a feeling of a local awareness that is aware of objects outside of it; a subject and object view.

When we open to this level of awareness, we also begin to become aware of subtle energy. We are able to sense beyond form to the energy that is within our self, others and pervading the world around us.

THE 5 LEVELS OF MIND

AWAKE AWARENESS



Awake awareness is the shift from a localized awareness into a limitless and timeless awareness that is infinite and unbound. At this level of mind, awareness is aware of itself rather than the contents of reality. This is an empty spacious awareness that is knowing and awake.

Awake awareness is a non-dual view where nothing is outside of our awareness. This is a connection to the dimension of ourselves that is boundless, spacious, unchanging, and free. It is the ground of our being that doesn't come or go, and there is an experience of "no self". It always is and always will be, it is our eternal dimension. This dimension of ourselves is free of all the problems, stories, beliefs, and limitations. It is beyond our personality, beyond energy and form. It is the formless level of our being.

THE 5 LEVELS OF MIND

SIMULTANEOUS AWARENESS



Simultaneous means the union of both awareness and the contents of awareness. It is awareness, energy and form. It includes the formlessness of awake awareness AND the all-pervasive dimension of energy.

In Buddhism the phrase “emptiness and form are one” describes this phase. It is a shift from experiencing only emptiness, into an experience of emptiness-fullness. This is the seamless dimension where we realize we are not separate from form and we are not separate from energy. We are not separate from the floor or the walls, we are not separate from nature, we are limitless awareness seamlessly within everything.

As we make the shift into simultaneous from something that felt more empty, transparent, clear and light, it shifts into a more saturated feeling, a felt sense of the substance of knowing, and a subtle persistent bliss. Its a shift from the invisible seamless awake knowing into that which is seamlessly interconnected with all life, all energy, and all form simultaneously.

THE 5 LEVELS OF MIND

TRUE NATURE



In our true nature, the final level of awareness, this dimension is the end of separation and the individual consciousness merges with all of reality. In this final location the individual consciousness, the ego identity, is actually letting go of its sense of separate identity and control and is merging or dissolving into one mind, one body, one greater intelligence.

Some traditions would describe this as becoming one with God. Another way of describing it in Buddhist traditions might be the individual consciousness merges with its mother consciousness, an all pervasive wisdom. In this level of mind, all of reality merges the individual consciousness into totality, into absolute wholeness, into absolute resolution of everything. It's the absolute end of suffering. A completeness of being where there is nothing missing.

ROADMAPS COURSE DAILY PRACTICES

REFLECTION QUESTION: From spontaneous awakenings to stability

Have you experienced any spontaneous awakening experiences? What qualities or awareness characterized that experience? What practices do you engage in that support you best in experiencing a sense of well being? What have you noticed helps stabilize this sense of well being?

DAILY PRACTICE #1: Thought vs Awareness Based Knowing Exercise

As a daily practice, take a moment several times throughout your day to notice whether you are in thought-based knowing or awareness-based knowing. Explore shifting from one to the other and make note of how this shifts your experience. Notice the quality of your awareness, sensations and experience available from these different levels of mind.

DAILY PRACTICE #2: Tracking Your Access of These Levels of Awareness

On a daily basis, during your regular practices and meditations and your normal routine, track which levels of awareness you accessed. Notice for what duration you tended to stay in that state and how frequently you were there. At the end of the week tally up the access, frequency, and duration of these states and notice any changes over the course of the week.

A SPECIAL INVITATION...

Join us for our 'Walking the Path of Awareness' Course 6-Week Online Interactive Course with Anna-Lisa Adelberg

The 'Walking the Path of Awareness' Course is about shifting from a more limited state and instead becoming the awareness that is free of conditioning. This course takes the Roadmap taught here in this masterclass, and in **an interactive online environment develops the actual practices that will allow us to not just see the map but actively explore this territory for ourselves.** The course will focus on the training and practices needed to create a true stage change through the 5 Levels of Mind until they are accessed effortlessly, consistently and become a new stable baseline.

You'll be working live in this program with **Anna-Lisa Adelberg, founder of the Luminous Awareness Institute**, where you'll will receive instructions for opening each level of mind. You will also receive the support of the live transmission, that comes from the teacher being in these levels as they are pointed to. During the class, you will be able to share about your experience and get direct feedback and reflection. From here we discover that our true fulfillment is independent of external circumstance; the ultimate independence. We also in this course will be exploring interdependence by **practicing awakened relational practices that support our stability in daily life.**

The relational practices will for one, give us an opportunity to maintain these levels of mind with others, by practicing offering awakened presence. Furthermore as there are parts of us that are living in wounds and conditioning of the past, and these hurts parts can challenge the stability of our awakened peace, we will also learn practices that help heal and recondition these parts in practices we do with each other. These parts need to receive awakened presence. They need a container that allows them to share and reveal themselves and receive the presence that will heal and recondition them.

In this '**Walking the Path of Awareness**' Course is a container for people to train together to shift into these awakened levels. We will also practice in an interactive environment how to be the giver and receiver of awakened presence and we will learn ways to recondition our hurts parts to support our ultimate awakened stability.

This course is about learning the backend OS of reality itself. It's about learning how to shift into the awareness that is able to recognize reality as it truly is, and from there, experience the You that is already whole, healed, and holy.

VIDEO 1 TRANSCRIPT:

Welcome To The Course

Welcome to maps of awakening awareness. I'm so happy to share this time with you. In this course, we're going to be discovering and learning about these five different levels of our mind, which ultimately are these five deeper and deeper dimensions of our own consciousness.

Each level of mind is a deeper dip, a deeper taste, into a more awakened dimension of ourselves. It's not only that I want people to recognize that we have a deeper and deeper dimension of mind available to us, that we actually within ourselves, have access to a consciousness that's already here that's already awake. That right here. Right now. . , that the awake dimension of ourselves already exists.

And what this roadmap is about is actually about how to access this dimension of ourselves. How to get beyond what's blocking our view of this deeper dimension of our already awake self. And part of the reason that I want people to understand this map is so that they can understand where they are in the map right now.

Like many of us are having all sorts of experiences, whether we're having powerful glimpses or whether we're doing practices and we're having all of these experiences, . But for many of us, were having these experiences and we don't really know where they fit in a map. We don't know how these experiences relate to this path of awakening.

And so that's what the levels of mind map is about. It's, it's to help you locate yourself. It's to help you know when you're having certain experiences, how they relate to this path of awakening. And part of it is so that you can be able to locate yourself. And part of it is actually so that you can learn what is that path?

How could I shift into these deeper dimensions of my own mind? Like what's in the way and what is it that enables me to shift beyond my ordinary consciousness into deeper and deeper dimensions of my own awakened mind?

So this course is going to give you an opportunity to understand about these deeper dimensions of mind as well as help you locate your own experiences within this map. And then the course that's going to be following this is going to be teaching actually how to help you direct glimpse these different dimensions of mind.

Because the more that you can glimpse each dimension of mind, the more potential you have to access it more frequently. The more frequently you access it, the longer it will remain, until one day you will live and the deepest dimension of your own awakened mind.

VIDEO 1 TRANSCRIPT:

Journey into Awakening

What brought me into this path? When I was about 19 I started having what now I would call spontaneous awakenings. At the time, I had no words for it. I hadn't read anything. I hadn't studied anything. I hadn't even really heard the word awakening. But what would happen is I would have these dramatic shifts.

Where basically my normal self had a good amount of anxiety. I remember it was a lot of insecurity, a lot of discontentment at that time in my life, these spontaneous shifts would occur and when they would occur, it was like it all washed away. Like all the worries I had, all the things I was feeling anxious about, all the things that were causing my pain and my suffering.

It would just as if someone turned a light on and suddenly the room of life were to illuminate and there would be just really deep States of peace. I just have memories of sitting for days.

Where everything felt good, like the world felt full. There was like an aliveness, a love that was everywhere.

Sometimes it was different than that. It was like being connected to this profound stillness, and when I was in these deep states of being all the things I was worried about, all the things that had been painful, all the kind of concerns I had, they felt like dreams.

They didn't feel real anymore. And then what would happen? Just as quickly as I would shift into these state of being I would shift out of them.

And then I would be back. I'd be back in this ordinary world and the contrast was stark. So I would be in this completely at peace state where the literally the world would look like it was illuminated from inside, like it was shining. And then as that state of being would fade away it's almost like the world would flatten; become grey. There was a sensation and a separateness, and as that separateness set in, the anxiety would return this feeling of needing something outside of myself .

And this all was happening by itself when I was 19 and what would happen is it would shift back and forth on its own. And at the time I didn't have any context. I didn't have a teacher, hadn't read anything. And so all I had was the shifts.

And what I can say is when I was in one state of being, the other one felt like the dream.

VIDEO 1 TRANSCRIPT:

So when I was in this more ordinary consciousness the anxiety would come back, problems would come back.

And from there that other state of being would feel like a dream. It would feel like something almost maybe that I had made up, but then it would spontaneously shift again and then all of a sudden it was literally like the veils would be pulled off of me and it was like seeing the world in this fresh way.

And everything that I thought was wrong or I thought was a problem would fall away. It would feel like nothing was wrong. And this actually happened spontaneously back and forth for many years.

And one thing that was good about the fact that it was fun spontaneous is that it taught me that whatever was happening had nothing to do with the teacher.

It had nothing to do with a religion. It had nothing to do. Even with anything that I did. Whatever was happening was happening by itself. And it also let me know that whatever I was connecting into, there was just nothing between me and that. That whatever I was connecting into was natural. And that it was happening by itself.

Each time I made a shift it was like my entire perspective would change. It wasn't just that my emotions went away. It wasn't just the anxiety went away. It wasn't even just how different the world felt. There was also like a knowing of things like I used to understand things in a completely different way.

So in a way the shifts itself were my teacher and it helped me over time, that shifting back and forth, it really made it easier for me not to take as seriously the things that I was worried about or the things that I was getting hung up in, it started teaching me that yes, these things were arising. Yes, I was having these emotions or was having these issues, but I couldn't believe anymore that they were absolutely real because I realized that it wasn't my circumstances that were causing my happiness or not.

It was really more the state of being that I was in. It was really more from where I was viewing the circumstances that changed my experience.

VIDEO 1 TRANSCRIPT:

And so it was the beginning of me understanding that the circumstances that seemed like the thing I should solve or the or what the problems were, weren't really it because all of that would change. All of it would go away. I would have a completely different experience of reality of all of those things when I made the shifts.

So that was very profound and it actually went on for many, many years. And then part of the reason I didn't pursue teachers is I was raised by a scientist and I was actually afraid of having someone attach meaning or structure to what was happening. I needed to be just in the direct experience.

At some point I did start to meet teachers. One of my earlier teachers was a Taoist master, and he and I got to have more of like a mentorship relationship. So I had the privilege of having him guide me and direct me. And then later I met a Lama who I also had a very profound connection with and he took me under his wing and also gave me some private tutelage.

And that was sort of the beginning from that connection with that Lama, I got more connected into a Tibetan Buddhist path and the Lama that I was connected with was a Dzogchen master. And some of his teachings began me in that path.

So it's been about a 30 year journey of exploring these states of awareness and also learning how to articulate them. When I got more involved in the lineages, what was really useful was it gave me more structures and things to place my experiences up against. So I was having all of these experiences, but I didn't have a place to check where they fit in a larger map or you know, how they were related to each other, or which ones would deepen the state of wellbeing and which ones would take me away.

The time that I spent studying, particularly in Tibetan Buddhism, really helped clarify a lot of that for me. The real gift at this point from that is before all of my earlier awakenings were completely spontaneous, like there was no choice. It was beautiful that it was spontaneous because it really let me know that it was natural and that it was happening all by itself.

But the difficulty about it being spontaneous is I didn't have a choice of whether or not I was in that state of being or not. And so over time it seemed like there were certain things that I was doing that would bring about the shift, but I still didn't really have a road map at this point I actually now have a very specific roadmap.

VIDEO 1 TRANSCRIPT:

It's a mixture of having a lot of time in the traditions where they, you know, spent 5,000 years creating these maps for us and putting up their maps with the experiences that I've been having for the last 30 years at this point come to a lot of clarity, clarity about different levels of mind, clarity about the practices that lead to more and more stability.

The other thing that was incredibly useful, I began to learn tools and techniques that helped me make that shift at will. And that was the beginning of stability. So the spontaneous awakenings were so beautiful because they've really taught me that there was nothing between me and this, you know, that the teacher was not outside of me.

And the teachers and the lineages were so beautiful because they gave me maps and they gave me tools and techniques that actually helped me to start making this repeatable at my own will.

And that ability to repeat and make these to by choice shift out of that gray world into that luminous one to by choice, shift out of that anxiety into this deep and imperterbable peace. My ability to do that at will and to do that every day is what started to create the stability. So instead of it being these extremely stark worlds that I would literally be flipping in and out of, what started to happen is as I could choose on will to shift into this deeper dimension of my own mind into this greater wellbeing.

What happened is it became clearer and clearer, which one was me. That in the beginning it used to feel like when I was in the ordinary consciousness that that awake experience, that that luminous experience, it would feel like a dream from there. And then what was funny is when then I would shift into that awake consciousness.

It was really obvious to me that the ordinary mind was the dream. And as I've been able to do these shifts more and more regularly and maintain them for longer and longer durations. What's happened is it's become an absolutely clear to me that this wellbeing, that this natural awake fullness is who I am and that if I happen to fall out of it, I really understand that, that I'm falling out into a delusion, into an ego identity.

It's like the gig is up. I no longer can identify with that smaller mind that mini me. I truly have learned to recognize who I am and what reality's actually like, so for what it meant for me to be able to open things at well is it shifted my stability.

It shifted my access so that I could actually start living from this dimension of mine rather than visiting.

VIDEO 1 TRANSCRIPT:

And that's actually the intention of my course. That's the intention of doing this video the intention of offering these courses is that's what I want for others.

I want others to not only begin to recognize the deeper dimensions of who they are to recognize this absolutely natural wellbeing, this awakeness that you are.

What I want is for people to be able to glimpse that on their own until identity can shift. This shorter course is really an introduction, it's really saying something about come and see more of who you actually are right.

It's an introduction. It's not just an introductory course. It's an introduction of you to you, of you to a deeper dimension of who you truly are. And then once you've made that, once we've made this introduction, once you've met more of yourself, what I want is to teach you how to recognize this dimension of yourself again and again and again until you can also make that shift where you no longer get fooled by your ego mind. Where you no longer get fooled by the mini me and you actually start living in the wellbeing of this more fundamental dimension of yourself.

VIDEO 2 TRANSCRIPT:

Overview of the Roadmap

So just to give you a review of these dimensions and later in the course, we're going to go in a lot more depth. The first dimension of mind is our ordinary consciousness. This is the consciousness that most people are living inside of. Ordinary mind is synonymous with ego, with the ego mind.

It's our limited mind. It's the mind that's based on conditioning and it's our thought based mind. So everything that we know from this level of mind is basically been taught to us or conditioned by our culture or conditioned by our childhood experiences. So that's our ordinary mind. And then the next level of mind is learning how to shift beyond the ordinary mind into the awareness, which means learning how to shift from thought based, knowing into awareness based knowing.

And what's beautiful about the shift is when we shift into awareness based knowing what's happening is now we're not caught in ego. We have an awareness of our beliefs. We have an awareness of our thoughts. We have an awareness of our emotions. In this level, we also break open to an awareness of energy, right?

So in subtle mind, we are getting some freedom because we're moving from complete identification with the ego, with all of its beliefs, with all of its conditioning into that, which is aware of it. So that's the first shift that we make. Then from subtle mind, we make an even greater shift

In awake awareness we are transcending all of life. We are transcending our personality. We're transcending form. We are transcending even energy. In awake awareness we are connecting to this already awake, invisible, formless, dimension of ourselves. We are beginning to access the deepest dimension of ourselves, the most fundamental, this absolute seamless, awake dimension of ourselves that is actually free of at all.

After awake awareness. The next level of mind is called the simultaneous mind. So once we've transcended and we found this most ultimate fundamental level of ourselves, then we don't want to just transcend reality. We want to recognize that this invisible, formless, awake dimension of ourselves is inseparable with all of life, with all energy, and with all form.

So simultaneous simply means at the same time, both this empty, formless, awake awareness, dimension of ourselves and all energy and all form.

The last level of mind is called true nature. And in this dimension of our mind we've recognized the most fundamental level. We've recognized this awake awareness, this awareness that is the formless dimension. And we've recognized that it is one with all energy and form. And as we begin to have this full recognition, we begin to become one with all of reality.

VIDEO 2 TRANSCRIPT:

So not only do we have the awareness that is aware of itself, that is aware of its foremost level. Not only do we have awareness that is aware of energy and form, but all that we are begins to dissolve into this ultimate dimension of who we are into our actual true nature. And when we contact our true nature, we're contacting all of reality.

We're becoming one with that reality. There's no separation. This is the end. This is the completion. This is the end of all suffering. So that is our true nature. So in this course, I'm going to go into more depth about what each of these levels of mind are, how to distinguish them from each other so that you can locate yourself, you can locate the experiences that you have had, and also the place that you tend to reside in.

State change vs Stage Change

Many of us are having shifts are having these states that come over us and shift our perception of reality, or shift our wellbeing, or shift us out of like a caught, ordinary consciousness into something that feels more open, more relaxed, more at peace, more connected, but not that many of us understand how to make these shifts at will, and the ability to be able to make these shifts up. will, it was very significant in generating stability. So the more that we can open up and make these shifts into these greater levels of mind, into these deeper dimensions of our own being, , the more that, that our access to these levels becomes more frequent, the easier that access gets.

And the longer it can remain.

. So there, there's an experience we can have that can be powerful, dramatic, profound. But then it comes, and then it goes, you know, there's a lot of people who are having these amazing rides, but they're going way up and then they're just coming right back down. And what I'm interested in is a practice and a path that actually , teaches us how to not have this be an experience that we, that we break open to.

And then it goes away. But to actually. Shift the baseline that we experience every day. Meaning like instead of just having an experience that comes and goes, actually, what is the experience that remains you could say a state change is connected to an experience that dramatically shifts your perception of reality or your state of being, or your view.

But then it goes away really quickly. And, a stage change relates to the baseline from which you experienced reality, meaning that it doesn't go away, meaning that, or remains most of the time.

VIDEO 2 TRANSCRIPT:

There's something related to when I wake up or when I'm doing nothing, just where I'm hanging out. what is the place that I'm experiencing reality from? And then there's something that maybe if I do a practice or a certain experience happens that suddenly generates a shift or a change of state . But that's different than when I actually make a shift to now I'm living from this new level of mind, this new state of being day in and day out without effort.

So once we learn, once we actually have clear understanding of these different levels of mind, and we can learn how to shift into these different levels, then we can, we can begin to notice like, how easily can I shift? I could, I can get into this level easily, but this level is more difficult.

So one is how easily can I access this level of mind. another question we can ask yourself is, once I've made that shift, once I've accessed, maybe I've shifted into this, , this, this awake awareness, maybe I've been able to shift into this other level. And then once I've made a shift into this level of mind, how long does it stay? ? What's the duration. That I'm able to stay in this level of mind without effort. , so one is how easily can I access it? And another is what's the duration? Like how long am I able to stay? And then the last one is, and how frequently does it occur?

so once we learn, once we actually have clear understanding of these different levels of mind and we can learn how to shift into these different levels, then we can, we can begin to notice like, how easily can I shift? Um, I could, I can get into this level easily, but this level is more difficult. So one is how easily can I access this level of mind. Um, another question we can ask yourself is, once I've made that shift, once I've accessed, maybe I've shifted into this, , this awake awareness, maybe I've been able to shift into this other level. And then once I've made a shift into this level of mind, like how long does it stay?

How long does it stay? What's the duration. That I'm able to stay in this level of mind without effort. Um, so one is how easily can I access it? And another is what's the duration? Like how long am I able to stay? And then the last one is, and how frequently does it occur? You know, like maybe, maybe I, anytime I look, I'm able to make a shift.

So I have very easy access, but it immediately goes away. No. Or maybe , it's a little bit difficult for me to access, but once I've accessed it, maybe it remains, , for hours and hours or days and days. And then the other question is maybe I can access it. It goes away quickly, but I'm able to access it again.

Really easily. , maybe I'm able to access it many times a day. One of the things we we call that are many glimpses, so maybe it's easy for me to, to reopen this experience again and again and again, so that there's more frequency. So when we're looking at a practice, we can look at is once we've learned these levels of mine,

VIDEO 2 TRANSCRIPT:

,Where do I have easy access? Where's access more difficult? Once I've gained access? What is the duration of time that I'm able to remain in that level? And then how frequently am I in that level? Is it once in a blue moon experience that I just opened to this most found connectedness with all of reality? this deep sense of peace, or do I have this persistent, , every day peace that just remains without effort.

VIDEO 3 TRANSCRIPT:

Ordinary Mind, The First Level of Mind

Ordinary mind is when we are identified with our thoughts, identified with our emotions, identified with the sensations of our form or our body. The experience of ordinary mind is often a feeling of being located inside of your head. There's a feeling, as if I'm in my head and I'm looking out, I'm in my head and I'm looking out at the world, and when I'm in this dimension of mind, mostly what I'm aware of is I'm aware of head-based reality from my thinker. And so one of the things that distinguishes ordinary mind from subtle mind, which is the next level; ordinary mind, is thought based knowing, it's conceptual knowing. What I know about reality is what I've been taught, what I've been conditioned. What I think, what my beliefs are; that's what I know about reality.

And the first shift that we need to make is from thought based knowing into awareness based knowing. The first shift is how do we get out of the thinker and the thinker who basically everything they think is based on what they have been taught or what they're conditioned to think.

How do we shift out of that thinker into an awareness that isn't the thinker. And so ordinary mind is when our identity and our views totally merged inside of this thinker and inside of the thoughts inside of the head. And what I can say about when we're in our ordinary consciousness, it's the most separateness you can feel. So ordinary consciousness. Again, that is the location of the mini me. It's like instead of this more limitless identity, the identity has really gotten caught in this mini me in this personality, in this ego based identity that's based on all the stories that we tell ourselves, all the stories about who I am, what my name is, what my job is.

It's literally being identified with mini me rather than recognizing this ultimate ground of who we are.

So ordinary mind is when we're fully identified with our thoughts and the first shift that we can make from ordinary mind is to shift from thought based knowing into awareness based knowing, which is the shift from the experience of this moment, from our conceptual mind, from the thinker into awareness and awareness is directly experiencing.

So when we're in the thinker we can only typically be aware of our thoughts. But that first shift into awareness, that's that shift into awareness of my thoughts, awareness of my emotions, awareness of my sensations, which means that the sense of identity has moved from the thoughts themselves into being the one who is aware of the thoughts and the one who is aware of the emotions or the one who is aware of the sensations or the energy.

VIDEO 3 TRANSCRIPT:

So there's a movement from an identification with the thought based self into awareness based knowing the awareness of. And that's a very significant shift because the moment we shift from being identified with our thoughts and our emotions into the awareness of them, it's like the beginning of freedom.

So once we've made that shift, now we're not at the complete mercy of those thoughts. We're not at the complete mercy of those emotions. We now begin to experience some aspect or dimension of ourselves that is not those thoughts and is not those emotions.

Subtle Mind, The 2nd Level of Mind

So subtle mind, which is the second level of mind. Subtle mind is awareness of our thoughts, awareness of our emotions. And it's awareness of our sensations. And I actually like to make a distinction here. So subtle mind is more like mindfulness. In mindfulness we are learning to be aware of our thinking and not be caught in it, but be the awareness of it. In subtle body we have an awareness of our sensation, an awareness of our energy and sometimes as we are really shifting into this subtle awareness, we can feel sensations or energy in our own body and sometimes as we get deeper into the shift in the subtle awareness, we start to actually be aware of energy beyond our body.

Subtle awareness is when we have an awareness that's beyond thought and it's not identified in the little mini mind. It's like awareness is unhooked from a localized mini me into awareness itself.

And now it can be aware of its thinking. And if, it's more like subtle body or subtle awareness of energy, you might be noticing energy in your body and you also start opening into all of the dimensions of energy.

I know because I'm living in California, a lot of people I interact with who are having a lot of subtle awareness experiences. Maybe some people are taking medicines and they're having all of these experiences of other dimensions or energy. As they're opening into subtle awareness, it's like suddenly we're opening to this experience of energy that's between us. We might feel that we, when we get close to someone, we start to be able to feel their energy, or maybe we feel their emotions. Sometimes we even can get overwhelmed by someone else's energy or overwhelmed by the energy in his space. .

So when I'm in ordinary mind, everything's very solid. And then as I made that shift from ordinary mind into subtle mind, what I'm beginning to experience is an awareness that is not identified with my thoughts. It can be aware of my thoughts, but it also begins to open even to this awareness that can feel energy like the energy of my body and the energy in space.

VIDEO 3 TRANSCRIPT:

And so there's a freedom to have that awareness, to be the witness of, and to be able to experience what's happening without being fully identified with it. And simultaneous to that, as we make the shift into greater awareness, it's like our sensitivity opens up. And one thing that happens is as our sensitivity opens up and we begin to experience energy there's a reality that sometimes that greater awareness can make us more sensitive, can make us feel more effected by other people's energy. And I think it's really important to acknowledge that because people who are in ordinary consciousness, a lot of time, they're so in their mind that in a sense they're numb, like they're not actually experiencing what's going on in a deeper dimension within themselves and with others. And then as we make that shift, now we're opening to more experience. And while it's beautiful to have access to be able to experience more of reality, especially as you open, sometimes you can really taste these incredibly profound experiences but simultaneous with that you're also opening your ability to feel, which can sometimes for certain people that can lead to feeling over-sensitive or easily influenced by someone else's energy.

And this is actually one of the reasons why people who are beginning to open to the subtle level of awareness, the subtle level of mind, it's good for them to know that there's another destination, that there's something beyond awareness of energy. Because many of the people who are opening in into this dimension are getting overwhelmed.

And the next level that I want to describe it for people is a dimension that's even beyond energy. So in a sense, when we're in ordinary consciousness we're in our thought based knowing, we're stuck in our mini mind and we're very identified with form. As we shift into subtle mind, which is an awareness based knowing rather than a thought based knowing we are beginning to open to more reality. We're beginning to recognize energy. So while ordinary consciousness is more about form, one aspect of subtle mind is the awareness of the energy. Another aspect is more like mindfulness, the awareness of thoughts and emotion.

Awake Awareness, The 3rd Level of Mind

So this third level of mind, which I call awake awareness is beyond energy. So there's form, there's energy, and then as we shift into awake awareness, now we're touching formless. Now we're touching this dimension of ourself that is more subtle even than energy. It's this dimension of ourselves that is invisible and seamless. It's this dimension of ourselves that is beyond the energy.

The final shift into awake awareness, which is the third level of mind, is a movement of awareness now being able to recognize it's formless dimension so while ordinary mind is identification with the gross level of reality, subtle mind is a shift of identity into awareness, which is a subtle level of reality.

VIDEO 3 TRANSCRIPT:

Awake awareness is the shift of awareness being aware of itself. So now this is a shift from a form level of reality, from an energetic level of reality into a formless dimension.

What's good about shifting into a formless dimension? What, why would you want to do that? Well, for one, when we connect to this formless dimension of ourselves, that is a connection into the dimension of ourselves that is free.

As we shift into awake awareness, we are beginning to access this dimension of ourselves that is free of all the problems free of all the worries. It's literally beyond them.

Once we've gotten into awake awareness, we've actually started to connect to the fundamental ground of our being. We've started to connect to that which will not die, that which will not come or go. As we shift into this dimension of ourselves, we're connecting into the dimension of ourselves that has no problems. We're connecting into the dimension of ourselves that's absolutely free. So this dimension of ourselves is a huge shift from subtle. Subtle mind, that was a huge shift from ordinary, you know, it was, it was the ability to be unmerged with our thoughts, to not be totally lost in our ego identity. It was a massive shift.

But when we make the shift to awake awareness, now we're connecting into a dimension of ourselves that is completely, well. My experience of when were shifted into subtle mind, there's a freedom from some of this pain, there's a freedom from being totally merged in these parts of ourselves, but we actually haven't gotten all the way to the dimension of ourselves that is absolutely free of it all.

So when we're shifting into awake awareness, we're finding the dimension of ourselves that is free of it all. Like, actually, completely beyond problems. It's beyond form. It's beyond energy.

So as we make that shift into awake awareness, it's the disappearing of the ego identity. It's actually recognizing this dimension of ourself that isn't this personality. It's recognizing the dimension of ourselves that's completely beyond the personality. And because of that, it's absolutely free.

This dimension of ourselves is timeless. It's the immortal dimension. It's the face we had before we were born. This dimension of ourselves won't come or go. It's like everything in life changes and this dimension of ourselves remains.

And while energy can have good or bad qualities, energy can be positive or negative, or energy is constantly changing. This dimension of ourselves is unchanging. It's eternal. It just is. So as we shift into awake awareness there's a stability here. It's very different than when we're in subtle mind.

VIDEO 3 TRANSCRIPT:

Subtle mind we can be aware of energy and energy is constantly changing, but when we shift into this dimension of awake awareness, we're accessing this dimension of us that is absolutely here. So as we shift into awake awareness we're touching this dimension of ourselves that's absolutely free. The experience is a lightness of being. It's who we actually are; is free of it all.

And my experience is that when we shift into this level, it's a freedom from so many of the problems. So many of the worries, it's as if the worrying mind and the do-er and the try-er, like all of that dissolve away. And then what's left is just this pristine, open, seamless, invisible dimension of ourselves.

And so this dimension of ourselves that is that pristineness, is that, is that purity that is this... um, that just is. Yeah. This dimension of ourselves that just is, There's nothing we have to do for it. There's nothing we have to be. In this dimension it's like everything already just is. It's actually a place to rest.

The more I shift into this dimension, it's like peace is a natural experience in this place. This seamless invisible.

There are actually many paths that think of awake awareness as the final destination. Meaning that , when you found this part of you that's actually free, like why go on.

And it is true that when I shift into this dimension of myself, It literally feels like I took off the worn and dirty clothing and suddenly everything was open and bright and illuminated. Okay. it takes off, the clothing of worry you get takes off the clothing of trying. It takes off all the parts of me that think that there's something they have to do to be loved.

Once I access this dimension, it's like everything was already well. There's just a freedom here from all the thoughts and worries. And it doesn't mean that I don't have thoughts, it's just the identity is dramatically shifted.

Like when I'm in this level, I no longer feel like identified with thinking. And the other thing that I experienced is the deeper I go into this dimension and the deeper I recognize myself as this limitless, awake awareness, what I notice is that my thoughts and emotions begin to have a different quality. It's almost like as I connect to this dimension of myself, my thinking becomes more clear and my emotions calm and resolve themselves.

VIDEO 3 TRANSCRIPT:

There's actually an analogy that I, heard from a Lama about this; it's like putting salt in water. So it's like whatever negative emotions or thoughts that I had in an earlier level of mind, when I reach awake awareness, what I begin to experience, it's as if the clouds of my negative emotions and thoughts, they dissolve into the clearness of this dimension, and as they dissolve, there's an experience of that my thinking becomes clear and that my emotions become clear. It's, like there's just a natural piece that unfolds from here.

And what's really important to recognize is that awake awareness is not something that's only for gurus. Awake awareness is not reserved for the mystics. What I really hope to get across in this video is that awake awareness is the deepest dimension of our mind. It's not a deep dimension of my mind. It's not a deep dimension of your mind. It's the most fundamental dimension of our mind. It's who we all actually are. And this path of recognition is more about being able to locate and find this dimension of ourselves and experience it. It's not about learning to do something, right?

As we connect to this dimension of ourselves, it's something that's always been here, but it's just been out of view. And that even in this moment, as I'm speaking to you through this video, that awake dimension of you is aware of what I'm pointing to. Your thoughts might not understand me. Maybe you haven't heard these things before, or maybe you've heard them and you have concepts about what they are. Your ordinary mind can't understand this, so I can't be speaking to your ordinary mind about this, but the good news is that as I'm connecting into this awake awareness what I'm connecting to is this dimension within you that you already know what I'm pointing to because it is your own mind.

Your awake mind is aware of this deepest dimension in itself, and you've always sensed it. But that's why we have a map. Because even though we've always sensed it, many of us don't know how to navigate ourselves to live from it.

And so part of the reason that I really want to teach this course is I want people to understand what's the difference between these different dimensions of our mind. And in my longer course what I want to do is really teach people how to experience them. Not only to taste or to glimpse them, but what I want is for people to understand how they can shift into these dimensions of their own mind.

And how they can do that on their own? And why do I want us to have access to the deepest dimensions of our mind? Well, because this is where freedom is.

There's so much suffering that's happening in life that's simply because we haven't tasted or we're not knowing how to live from this dimension of ourselves that's already free, that's already at peace.

VIDEO 3 TRANSCRIPT:

And the wild thing is finding this dimension of ourselves isn't as difficult as you might think. I believe in a short course, I could actually help almost anybody have a direct glimpse, a direct taste.

And once you've glimpsed this dimension of your mind, you can actually learn to re-glimpse it. And every single time you touch this seamless invisible dimension of yourself, it's like you're familiarizing yourself with this level, with this dimension of your own mind, and what's happening is over time, the more you familiarize yourself with this dimension, the more your identity begins to realize, this is me.

See, that's the been the trick is you've been thinking that you are the ego mind. You've been actually believing that all that tension and anxiety is you. And in reality, the more you taste this absolute dimension of your mind, the more you begin to realize this is who I am and that I've just been falling into a delusion.

I've been, I've been shifting into a state that is disconnected from who I truly am. And if all of us could really recognize who we truly are. Everything in the world would shift. If all of us could recognize who we truly are, then we could stop living from the ego mind that's pursuing so many things that are ultimately meaningless, right?

Because most of what the ego is pursuing is it's trying to resolve its ego problems. It's trying to find a certain kind of safety or trying to feel loved. Right? But once we connect to this dimension of our mind that is already, well, so much of that falls away.

So we were talking about the levels of mind. We mentioned ordinary, which is the thought based ego mind. We mentioned subtle, which is that first shift, you know, it's like stretching out of the ego and actually witness to the ego, that ability to move beyond the ego and go, "oh, wait a minute, I'm not the ego, I'm the awareness of the ego."

It is a beautiful capacity of our awareness to move outside of its conditioned mind and know something about itself. You know, it's true self differentiated from the ego, but then this, this next shift into awake awareness, which is the third level of mind, that's completely beyond the ego, that's actually connecting into this fundamental dimension of ourselves.

And it's free of it all.

And I remember much earlier in my life glimpses of this dimension, I just started laughing. I literally was laughing at all the effort and all the tension and all the emotions that I had been having. And then it's like I got a view beyond, and it was just, it was funny, it was, it was truly funny. And the freedom that I felt, it just started to make me laugh.

VIDEO 3 TRANSCRIPT:

So that's the awake awareness. Awake awareness is when we begin to access, the self that is so far, far gone beyond the ego identity that that, that we've actually connected to the dimension of ourselves that has nothing to do with the personality into this absolute formless dimension, right into this dimension of ourselves.

That's free of it all.

And this is a dramatic shift from the subtle mind. You know, when we're in subtle mind, we've, we've made some freedom. We've made some shift from the ego, but when we're, when we've made it to the ground of our own awareness into this formless, seamless, invisible level, yeah. We've accessed the deepest dimension of our mind.

So you may ask if awake awareness is the deepest dimension, if it's the most fundamental, why are there two more levels of mind that I want to point to?

And it's because as we shift into awake awareness, we're in the deepest, most fundamental dimension of our mind, we're in the formless level, in the awareness of awareness.

And it is the deepest level. But if we simply were aware of awareness than in a sense, we're living in duality. We're living in awareness, which is more like emptiness. That's formless, but we're not connected with energy and form. Right? So even though when we access awake awareness, we've, we've accessed the dimension of our mind with absolutely free.

So in a sense it's the movement into transcendence. It's the movement into the recognition of ourselves as spirit, right? The recognition beyond energy beyond form into this ultimate dimension of ourselves. So that is a beautiful recognition and then the rest of the journey has something to do with how is this dimension of spirit, this, this emptiness, awareness, dimension of self is absolutely pure and free, how is it none other than all energy and all form?

So once we've gotten completely free, there's a movement of recognizing how this dimension of ourselves is interconnected with all of life. And that is actually an even more beautiful shift.

So that shift from ego mind, hyper identified self into awareness based mind, subtle mind that can be aware of the self. And then as we shift into awake awareness, we're actually contacting no self; there's an experience of the ego self disappearing.

It's like recognizing ourselves as the sky that's always been behind all the clouds, right? It's this vast open sky that that can feel almost like nothingness, or can feel, like no self, and so once we've recognized this no self, then we can start to notice that this awareness that is everywhere is actually inseparable with all of life.

VIDEO 3 TRANSCRIPT:

Simultaneous Awareness, The 4th Level of Mind

Now we're beginning to shift into what is called simultaneous mind. And what I mean by simultaneous mind is that it is emptiness and form. Even though we are recognizing this most fundamental, seamless, invisible dimension of ourselves.

This knowing, this seamless dimension of herself is in everything. It's not separate from our body. It's not separate from the floor. It's not separate from the walls. It's not separate from all the trees and all of nature. This seamless, invisible, formless dimension of ourselves is within everything.

And so what simultaneous means is both. It means both awake awareness and energy, both awake awareness and form. It means the union of both, right? And how is that different in our experience? Well, once this, formless dimension of ourself begins to recognize that it's not separate from form and it's not separate from energy.

Once we've recognized this dimension of ourselves, then we can begin to to contact the substance of reality. And it's very different to be experiencing the substance of reality, the energy and the form. It's very different to be experiencing the substance of reality from awake awareness.

It's like the moment we contact the substance of reality from awake awareness. Now we're starting to feel this, this richness, this saturated fullness.

When awake awareness is experiencing energy in a form, it goes from a feeling of emptiness, transparency into, a feeling of fullness, a feeling of interconnected richness. So while I'm in awake awareness, there's a feeling of no self. There's a feeling of there is no me. And then when I'm shifting into the simultaneous level, I can still experience this, this formless dimension of myself that simultaneous to that and actually experiencing this interconnected; it's like the substance of our connection, the texture of our connection.

I'm experiencing this, , all pervasive energy that is none other than this invisible emptiness. And so as I connect into this dimension, I go from feeling as if I am nothing into feeling as if I am, this invisible nothingness. And somehow I'm here interconnected with everything. And that interconnectedness feels intimate and it feels rich.

It has a fullness of being well, while awake awareness has a feeling of the freedom from, because it's being nothing. The simultaneous level, it's this shift into being interconnected with everyone and everything, and it feels rich and full and it feels intimate.

VIDEO 3 TRANSCRIPT:

It also has a lot of feelings of aliveness. And also when I'm shifting into this level, one of the things that can typically happen in this level is when awake awareness recognizes energy, then it becomes, it's awake state of energy. So what it feels like when I'm recognizing from awake awareness, this energetic dimension, is the energy starts to become like bliss. So as we make the shift into simultaneous, something that felt more empty and transparent and clear and light, it shifts into a more saturated feeling. And sometimes that feeling is an experience that feels like, bliss. And it's not like an extreme ecstatic bliss, but it's like a consistent bliss.

So in simultaneous, we're moving from that, which is transcendent to life and awake awareness into that, which is interconnected with all of life from this awakened ground. From this invisible, seamless, awake, knowing, from this invisible ground of our being that is interconnected with all of life, with all energy and all form.

So that is the fourth level of mind.

True Nature, The 5th Level of Mind

The fifth level of mind, which I call true nature, this is an even greater level of mind. So while awake awareness is the most fundamental level of our being. Awake awareness is the changeless nature that never comes and goes. It's the formless level of who we are. In simultaneous awareness we're beginning to recognize the interconnectedness and the fullness and how awareness, energy, and form are one.

True nature is the complete recognition. It's when this awake awareness, this infinite awareness, this limitless awareness that we are, is able to recognize all of reality.

There are many parts of us that are still living as if they're separate, as if there's an individual consciousness that's separate from all of totality. So in true nature, this dimension is actually about the loss and separation. . How the individual consciousness merges with all of reality. This is the end of feeling that there is a separation.

In this final location, what's happening is the individual consciousness, the ego identity is actually letting go of its sense of control and it's merging or dissolving into this one mind, this one body, this one great intelligence.

You know, in certain traditions the way they would describe that is when we become one with God. Another way of describing it that might be a more Buddhist approach is when this all pervasive wisdom and this individual consciousness merge as one.

VIDEO 3 TRANSCRIPT:

So This final location, our true nature, can only be recognized by awake awareness. So in a sense, awake awareness is the dimension of ourself that we must discover. We must discover this, this awake, knowing dimension of ourselves and this awake knowing dimension is the dimension of ourselves that can actually recognize all of reality.

And that's what true nature is about. It's about the full and complete recognition of all of reality and all of who we actually are. It's not only, you could say the mind of God. It's not only the awareness level. It's the body of God. It's being all of reality. It's the end of separation.

It's the merging of this individual consciousness into totality. And when this individual consciousness merges into totality everything that you could possibly imagine, everything that could fulfill anything is there. It's that absolute completion. It's that absolute wholeness. It's the resolution of everything.

It's the absolute end of suffering. And so as we recognize or glimpse this dimension of ourself, we begin to taste the exquisite goodness of being; the completeness of being that there is nothing missing, that there is nothing left out. And so we can literally learn to train our mind to recognize its most fundamental level to recognize our awake awareness.

Cause once we found our awake awareness we can begin to glimpse more and more of reality, we can actually begin to glimpse our true nature. Yep. And we can actually begin to dissolve whatever is left that separates us from the complete union with that nature. So in some maps in a sense, when we've completely discovered our true nature, when we are one with our true nature, that is called enlightenment.

This shorter course is really an introduction. It's really saying, "come and see more of who you actually are". Right? It's not just an introductory course. It's an introduction of you to you, of you to a deeper dimension of who you truly are. And then once we've made this introduction, once you've met more of yourself, what I want is to teach you how to recognize this dimension of yourself again and again and again until you can also make that shift where you no longer get fooled by your ego mind.

Where you no longer get fooled by the mini me, and you actually start living in the wellbeing of this more fundamental dimension of yourself. While this is a map of the territory, this course is about familiarizing you with that map, about introducing you to the different dimensions of your own mind. And my next course is actually about how do we do that process? Not only what are these different dimensions of the mind, but what are the things that we can do that actually enable us to glimpse or taste these dimensions of our mind.

VIDEO 3 TRANSCRIPT:

Cause these dimensions of our mind are who and what we actually are, but most of us are veiled from them, and most of us don't actually know how to live from these dimensions.

And what I want to say is that there is a process by which we can learn to glimpse right in this moment we could have a taste of every one of these dimensions.

If we can learn how to have these glimpses, how to have these tastes of these different dimensions of our own mind, we can begin to practice. And what I'm saying by that is if you can practice glimpsing again and again and again these different dimensions of your mind, what happens is as you familiarize yourself, you're beginning to train yourself in the process of recognition; meaning you're beginning to help your self self realize who you actually are.

Maybe in the beginning it's a rare glimpse. Maybe it's something you can only access on rare occasions, but if you practice over time, what will start as rare will become more and more frequent.

And not only will it become more and more frequent, but it will remain for longer durations and it will get easier to access. So if we can learn that the tools that help us open into these different levels of mind, what will happen is it will get easier and easier to access these dimensions of our mind. And the more frequently we access them, what happens eventually is, the duration remains longer and longer and longer, which means we start living from these dimensions of mind rather than just visiting them.

The idea of understanding these dimensions of mind and practicing them is eventually there is a tipping point. That each time you glimpse this mind, each time that you open this dimension of your own mind up, what happens is you are becoming so familiar that at some point there's a tipping point, and in that tipping point you actually don't go back.

And for some of us maybe learning to recognize their subtle level of mind, is a huge step, and not going back, meaning truly never being totally identified with the ordinary mind, but actually always being the awareness of, maybe that's, that's the place we're going to practice stabilizing and just having an awareness based identity rather than merged in our thoughts and merged in our beliefs. For some of us, we're ready on the path to recognize this most fundamental level to actually awaken to this deepest, formless dimension of who we are. And for others, once we've recognized this formless dimension, we're ready to recognize how it is interconnected with everything.

And ultimately, not only interconnected, not only is this formless, awake dimension of ourselves at one with all energy and form, but this awake awareness that we are, has this ability to recognize all of reality and become one with that reality.

VIDEO 3 TRANSCRIPT:

So each time that we make one of these shifts, we are supporting the process of shifting our identity into these deeper and deeper dimensions of who we actually are and learning how to live from it. And so in this course I'm introducing what are these different levels? What are these different dimensions of mind?

And in the future course, what I want to do is train people how to make these shifts, how to glimpse these dimensions. Because if you can glimpse them without me, then you can practice every day. And by practicing every day, eventually, not only will you have easy access to these dimensions of yourself, but the duration will remain so long that someday you may literally live from these deeper dimensions of your mind in your everyday.

As you can tell by the explanation, each one of these shifts is an access to greater wellbeing. Each one of these shifts is access to more freedom. Each one of these shifts is more freedom from all the tensions and anxieties of the ego. Each one of these shifts is an access to more of your own natural wellbeing, more access to the resource that is from Source itself.

This course is an introduction into these dimensions of our own mind, into this understanding of this deeper dimension of ourselves.

Invitation To The Walking the Path of Awareness Course

And for those of you who feel called, what I would like is to offer a special invitation. I am planning on having a longer course where we can spend time together and I can actually point out not only what are these dimensions of mind, but how you can experience them directly.

How you can have your own taste and your own glimpse of each one of these dimensions. And not only do I want to help point out how you can experience and taste each one of these dimensions, but I want to teach you how to be able to open up these levels of mind on your own.

Another thing that will be special about the next course is that course is going to be live. So what that means is, one, the transmission will be live, or the pointing out will be live. The other thing that it means is I may have an opportunity to help you individually in where in the path you're getting stuck, or to help you actually know, "am I getting that? Is this an actual glimpse?"

Because for many of us, we're having so many experiences every day, but we don't actually know where they fit within this map. And so I'm hoping that this course gives you a sense of where these different experiences might fit within a map.

And then in the following course that I'd like to give you a special invitation to, we'd have an opportunity for me to help, go over that with you on a more personal level.