Higher States of Consciousness

An Exploration of our True Essential Nature

Guided by Tris Thorp
The Unfolding of Higher States of Consciousness

- Everything in creation is evolving. Now that you are practicing meditation you have started to accelerate the process.

- There are 7 states of consciousness each with its own physiological functioning and quality of experience.

- Knowledge (theory) and experience (practice) go hand in hand. You already have a practice and today you will have the knowledge to go along with them.

Let’s explore!
Evolution of Consciousness

There are seven different levels of consciousness

Some levels you experience every day

1. Waking
2. Dreaming
3. Deep Sleep

Some you may have glimpsed or may be new to you

4. Transcendence Consciousness
5. Cosmic Consciousness
6. Divine Consciousness
7. Unity Consciousness
Waking

The state which we perceive and experience as our physical reality – the “real” world

Appears solid and structured to our senses with established rules and boundaries

Our localized perception translates our experiences of consciousness into space-time events

A fixed state where we are fooled by the superstition of materialism – the dullest state

The most vivid and “real” state for most people
Dreaming

- Less awareness than in waking state, with images and memories
- Creation of an internal world that seems real – and it IS real while we’re in it
- There is a subject/object split; you (the subject) and the environment (the object of your perception)
- Experience of the subtle body / more expansive – no space, time, causality
- Upon waking, we consider the dream to be a fabrication
Deep Sleep

- No perceptual or cognitive experience in this state
- No subject-object split – separation does not exist
- Deep sleep is the state of *being* that is that of source
- There is consolidation of memories, more learning of everyday experiences, and renewal of the body
- The space between neurons expands – best way to prevent illness
Transcendence

The non-local reality beyond space-time

We become aware of being (being aware of being aware / conscious of consciousness)

Also known as slipping into the gap where there is no mantra - no thought

An experience of the space between experiences

The ‘experience’ belongs to the experiencer, not the mind or our perception of the experience.
Transcendence

Here we find the thinker of thoughts, the essential you, which was never born and can never die

We are not aware of this reality until after returning from it

With practice, aspects of the non-local reality become established in local awareness
Cosmic Consciousness

Witnessing Awareness

- Witnessing awareness (who you are in localized awareness) starts to be awakened in waking, dreaming and sleeping.
- Local and non-local reality are experienced at the same time, often referred to as ‘witnessing’.
- A realization that the body and mind play all these different roles during different times of our lives.
- Loss of the fear of death.
Cosmic Consciousness

The Roles we Play

- While you play many roles (mother, father, etc) in the local domain, you know that the real you is not your roles – you experience yourself as the silent witness of the roles you play.

- Enjoyment of the roles expands as we are no longer overshadowed by our attachment to the good and bad scenes.
Divine Consciousness

- As we progress in meditation, our awareness of the non-local domain becomes more refined.
- Recognizing our own true nature, we gradually become aware that the same witness is in everything around us – the witness and objects of perception.
- A deep sense of connectedness to everyone and everything begins to arise.
• Finally, we realize that not only are we deeply connected to all that is at the level of non-local awareness (or spirit) – but that non-local awareness is undivided and we are all one

• We awaken fully to our true self as undefined spirit and the source of all creation; we have the experience of being one with everything
The Layers of our Existence

Going back and forth between local and non-local awareness during Primordial Sound Meditation enables us to explore all the layers of our existence.

These higher states of consciousness unfold naturally and spontaneously.

It’s important that we don’t waste time wondering what state of consciousness we are in. Enjoy the benefits – the rest are just labels.
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