

THE CONFUSIONS OF CONSCIOUSNESS

The state of the art of attempts to determine what is consciousness is truly appalling considering many of the otherwise high achievements of our Western scientific ~~empire~~ high-tech empire that has colonized most possible approaches to knowledge. Psychology, in whose house the best and most progress might be expected, is an admitted flop. Guesstimates about what consciousness is range from the idea that only the awake human in full possession of his or her ~~faculties~~ physical sensing ^{faculties} ~~defices~~ is truly conscious down to and including the idea that atoms possess a consciousness of their own.

And now that even the atom is suspected not to exist per se, but is only a point in space and time at which certain frequencies and wavelengths come together, these too are suspected of having a consciousness of their own.

We can speak of Renaissance consciousness, Victorian consciousness, Modern consciousness and, now, New Age consciousness. But it is becoming increasingly embarrassing to do so due to the fact that we now are beginning to realize that if a mix of consciousness might have originally informed these consciousnesses, they should be more properly called mind-sets, which they are.

Furthermore, awareness and consciousness are almost always used as kinds of synonyms which only further darkens the stew. We all realize that consciousness and awareness are valuable items indeed, for without them we tend to feel we would exist in some nebulous darkness. We all take it for granted we know what these two words mean, and furthermore believe that others do also, and that all humans share a similar if not identical ~~xxxx~~ consciousness/awareness ~~xxxxxxxxxx~~ quotient.

Of course, nothing could be farther from the truth as anyone might find out when trying to match minds with someone whose consciousness/awareness quotient differs qualitatively and radically from theirs. When societies were isolated along lines of their own shared consciousnesses, this was not much

of a problem. But in the twentieth-century, in the post-World War II years, when societies were suddenly catapulted into close proximity due to travel possibilities and conjoined politiking at the United Nations and other such international agencies, the need to try to match minds became a humbling experience indeed. It was quickly found out that humans as individuals or groups were seldom on the same wavelengths, and the problems of the times began to revolve around not the failure of communication (which existed aplenty), but on the fact that people simply did not think alike. The problem was further exacerbated by the fractional idea that "our way of thinking is superior to others" if only because it is the way we think.

All human/mental/spiritual problems and successes rest upon the two foundational stones of awareness and consciousness, and it is surprising that no one has sought to understand how these two potent factors are shared by all. Leaving human endeavours aside, it is certainly necessary to achieve some understanding due to the fact that the psychic self seems to be composed of little else than awareness and consciousness, albeit of a type that does transcend mere mortal definitions so far.

If we refer to the root meanings of the two words, a great deal can be cleared up almost immediately. Consciousness is taken from the Latin con plus scire, meaning essentially being "with knowledge." Our English word aware is taken from the Old European word gewaer, which meant, literally, "being with wary" or, simply, wary and watchful.

Not only are these two concepts not synonymous (although they have been made to be so artificially), but there ~~is~~ are very important qualitative differences between them. Being with knowledge implies a passive state of acquired learning, a state that is capable of low and high order and all shades inbetween that can ~~perpetuate~~ perpetuate themselves indefinitely. Awareness is an active principle, or at least potentially active, that implies vigilance in observing or alertness in drawing inferences from what one experiences or learns through experiences. One acts on one's awarenesses, but one might ^{passively and without action} muddle along/indefinitely/on one's consciousness, as many centers of academia illustrate. Like consciousness, awareness is capable of low and high orders of its own, but with a very important difference. Those with low-order awareness can get killed quicker than can those with high-order awareness.

Neither of these two terms necessarily imply "awake." And as almost everyone knows to one degree or another, both knowledge and the ability to draw inferences can take place without the awake ^{state} ~~state~~ being present.

After all, some of mankind's most interesting problems have been solved in someone's sleep and dreams; inventions have been made, symphonies have been written, paintings have been visualized, and complex social and political problems have been solved, all in the non-awake state. Awake simply means that the bio-organism is not in a state of sleep or some other reduced state of awakeness. But even so the processes of consciousness and awareness continue to operate in the realms of the greater psychic self which continues to/ruminate, percolate and design and construct even though the physical body is undergoing a sleep period, or even the deep ~~non-awake near-physical-~~ ~~death/experience,~~ ^{experience,} ~~near-physical-~~ ^{complete} ~~death/experience,~~ as many reports show.

The only feasible workable conclusion that can be drawn, based upon actual evidence, is that awake or not-awake applies only to the biophysical organism (our bodies), but that consciousness and awareness belong to the greater psychic self that only appears to be working through the physical brain -- appears that way because science has saturated itself with the idea that it is in the brain where all the action is at, a misinformed idea that is beginning to come into increasing doubt these days.

The question might well be asked as to just what does the brain do? To be sure, it has plenty of biophysical functions that are mentally related to the well-being or not of the whole biophysical organism. But one of its major functions, just ~~now~~ now beginning to be speculated upon is that it acts as a physical interface between the body and the greater psychic self -- an interface that has been defined just so by many esoteric disciplines wither of Eastern or Western origins.

It should be clear that consciousness (as knowledge) and awareness (as alertness) can and do exist in many ~~combinant forms~~ concomitant forms, but even so it is not workable to assume that they are synomous, and for service in the new psychic realignment program they must be thought of as separate/^{and different}if the program is to facilitate any/^{progressive}connection with the true nature of the psychic self.

The necessity of perpetuating the clear differences between the two will quickly become apparent if you consider that the language of consciousness is words, but that the language of awareness is images. Images carry compacted information that can be processed with at least the speed of light by awareness that has to draw immediate inferences.

You can begin to notice the importance of these two differences if you observe that highway signs, and signs in train stations and airports, etc., have converted from using six languages into the use of a single recognizable image.

International drivers and ~~any~~ passengers share a universal awareness quotient that makes sign recognition a universal language. The signs alert awareness and tell it what is expected of it. The vast majority of dreams are in image form, indicating something the psychic self is trying to alert the person to. Image dreams are awareness dreams. Much less common are word dreams which, when they do occur, are carrying information that consciousness needs to incorporate -- knowledge-information as contrasted to alertness-information.

passive and
Because of its/much slower and accumulating nature, the art of consciousness is literature; the art of awareness is that of static images - painting and sculpture. The arts of the concomitant awareness/consciousness forms ~~xxx~~ is drama. Art is very important to the psychic self since there is good reason to conclude, as we shall see in a later chapter, that/^{all}one's life and actions, successes and failures, are art-working ~~and~~/attempts of the greater psychic self to achieve a super-humanness -- a stable mix of the two media of spirit and matter.

If you do begin to try to cultivate contacts with your psychic self, it won't be very long before you begin to ~~become~~ notice that there are two sets of consciousness/awareness. One that belongs to the psychic self and one that belongs to the often physical body. The pre-Christian ancients/acknowledged the separateness of these without necessarily making one greater than the other, seeking a creative balance between them. But human nature is itself unstable, as we all know, and the tendency has been to fall into imbalance. When Christianity became theologized in the 3-4th centuries, it sought total governance over the consciousness/awareness of the psychic self. , in the guise of scientific humanism (Modernism), When science/began to rise in the sixteenth century, it tipped the scales of imbalance in the other direction, seeking to center its ~~vision~~ utopian vision ~~vision~~ (only the consciousness/awareness of the ~~body~~ human physical body).

With the rise of Post-Modernism (circa 1924), philosophers began to question the truth not only of these two philosophies, but of all previous philosophies in general. With the rise of New Age consciousness in the 1970s, scientists themselves began to discover that neither of these two older thought system is totally defensible; and, in fact, it is one of the express goals of New Age thought to restore a psycho/spiritual/physical balance to the whole fabric of humanity.

The consciousness/awareness system of the psychic self and the consciousness/awareness system of the human physical biosystem are radically different in their separate functions and in their interests. The psychic system seeks to govern and develop the holistic patterns of the spiritual/physical mix, while the biophysical system tries to monitor and organize the place and directions of the genetic body. There can be little doubt that the two systems actually are interconnected.

or non-aligned

When they are imbalanced/through conditioned cultural values and through implanted social ~~programs~~ (both being only mind sets), the result is psychical, *and psychological and physical* discomfort which can, in severe cases, become quite pathological. The two systems meet in what is currently being called the "personality" and if the non-alignment stress become too severe and there are no creative guidelines present to restore a sense of alignment, the personality can split into different parts -- become schizoid. Essentially, there is no alignment program in the brain plate that can service an integration of the different aspects, and the personality can break into at least four separate parts that take on an "aliveness" of their own: the consciousness of the psychic self, and its awareness; the consciousness of the biosystem, and its awareness. The cure for schizophrenia, as psychologists know, is making it possible for the personality to reintegrate the parts into a whole.

*parts take on
a life of their own
and tend to act
independently of the
whole*

There is a growing amount of theory and evidence that the brain builds its programs only slowly -- faster during childhood, but more slowly in later life. After all it has to build new synapses and neurons that are required for any new brain-plate program, and create new brain maps for novel information. It does this as a result of repetition (training), or the reforming and realigning of its internal streams of consciousness and activating its ~~xxxx~~ alertness in drawing new inferences about what is being experienced. Sometimes all this "growth" takes place as the result of a significant crisis or a peak experience, but these are also known to so overload the brain's associative capabilities so that a breakdown of one kind or another can occur.

It is now quite well understood that neither the personality nor the brain appreciate these kinds of overloads and will throw up barriers against having to deal with crisis or peak experience, so to speak, fracture off from the implications of the new information. The personality will retreat back into its cultural conditioning where "reality" is more comfortable, which is to say, back into the more familiar historical order of things. This is not progressive, and at this crucial time in mankind's affairs, literally quite dangerous.

The most important factor of the creating of any new brain plate program is in helping it ensure a stable organization. Most new brain plate programs are created slowly, and at first by acquiring new knowledge -- that is, installing ~~new elements~~ new elements in the consciousness streams which thereafter new experience validates. This is called "education." But sometimes, the reverse is true. New undeniable/^{awareness}experience necessitates the hasty formation of a new stream of consciousness which frequently is not as well grounded as it might be. Somestimes this new stream even cuts off all its roots in other formative experiences, (a feature particularly noticable at the early onset of the New Age) resulting in a form of zombiism, however delicious that might be at first.

Any truly new cultivation of your contacts with the psychic self can only begin by realizing that there are different forms of consciousness and awareness, arising from different sources within you, and that the whole need not any longer be dumpted in one Modernism crapola (so to speak). The personality, the brain and the psychic self are all perfectly capable of processing new information based upon its coming from different sources IF the integrated x system realizes in advance that this is what is actually happening.

Although the term "the unconscious" (and by implication "the unawareness") has taken on enormous significance during the last fifty years of psychoanalytic theory, it probably does not truly exist as an intractable entity. Breakthroughs in biofeedback training ~~have~~ have shown that there is probably no part of the biophysical system that is not available to biophysical consciousness/awareness, provided that system is taught (a program brain plate is created) how to focus upon the internal elements of the human body. The systems of the physical yogas and the martial arts demonstrate much the same. Developed psychics have discovered (although they might not be able to literaturize it in words) that if ~~the~~ ^{an} appropriate program brain plate can be created to interface with the elements of the psychic self, the fabulous talents of the psychic self can become concretely available.

It all boils down to a matter of focus. What you cannot learn to focus the mix of consciousness/awareness upon remains outside the sphere of that consciousness/awareness. You may call this "unconscious" if you wish; but technically it only means that you cannot make the connections needed to permit a focusing. If we understand the dual systems of consciousness/awareness correctly, then there is absolutely nothing at all that is not potentially available: there is no true "unconsciousness"; there are only conditioned barriers that block out various parts of the dual system.

is artificially trapped into the parameters of his or her immediate awake "consciousness," and will find a great deal of difficulty in extending awareness/consciousness into the psychic realms.

There are obviously sectors of the mind that should be called substrata and superstrata, areas that are beneath and above the normal everyday awake "consciousness." But, in the psychic sense, these are not impenetrable, and in this same sense, because they are penetrable through focusing on them, they are not irrevocably "unconscious."

For the psychic man or woman, then, "the unconscious" does not exist in fact, and any idea that there are things permanently beyond ken only serves to jeopardize the growing and developing of the essential psychic nature. The first goal of psychic development is to understand that there are stimuli that are too weak to enter the awake awareness or the streamings of awake consciousness which are, after all, preoccupied with coping with the gross avenues of physical and mental existence in the awake life.

The idea of the unconscious is ~~xx~~ rejected by some psychological schools; however, the majority of psychoanalysts attempt to bring repressed unconscious material to consciousness and the general~~ly~~ idea is that the unconscious realms are only contactable through those images and contents that can rise up out of ~~xx~~ them into consciousness. The converse idea is that the unconscious realms themselves can never become conscious, that there exists areas of ~~the mind~~ existence which the limits of the mind cannot penetrate.

But if the brain-mind programs incorporate this concept as it stands, or any shade of it, then the psychic man or woman can never arise. The dividing of awareness/consciousness into two parts (conscious and unconscious) creates an illusion or fabrication of the mind, a chimera, out of which the psychic man or woman can find no direct exit, and brings certain paradoxical qualities to the fore. Terminology that might perhaps be suiting and appropriate for psychoanalysis psychoanalytical purposes may not be suitable for the greater whole of psychic nature.

The greatest deterrent for the psychic man or woman are educational patterns that install brain/mind programs that exclude or confuse psychic realizations. If the term "the unconscious" is taken to mean that there are areas that are perpetually non-accessible or that these areas are identifiable only by the contents that arise up out of them into "consciousness", then the potentially psychic man or woman

In the early part of this century, the term "the unconscious" began taking on nearly universal importance, mostly because of its "discovery" by Sigmund Freud, and the rise of the various psychoanalytical schools that followed upon ~~him~~ his. Freud regarded the unconscious as a submerged but vast portion of the mind composed of instinctual drives that act as motivating force in human behaviour, and contains the residue of unacceptable experiences and desires that the individual hides, or represses, from conscious recognition. To the Freudian concept, Jung added the idea of an inherited unconscious, i.e., the capacity of humans to generate concepts