

**AWAKENING FROM THE
DREAM OF YOU**

USUNLIMITED

YOU THINK THERE IS YOU BUT THERE ISN'T!

**WITH THE EXPERIENCE OF COSMIC
CONSCIOUSNESS, YOUR TRUE SELF IS
REVEALED TO YOU. YOU WILL THEN
REALIZE AND KNOW THAT YOU WERE NEVER
CONTAINED WITHIN THIS BODY AND THAT
THE VERY CONSCIOUSNESS THAT YOU ARE IS
EVERYWHERE AND EVERYTHING AND THAT
IN REALITY YOU ARE THE UNIVERSE AND
ALL IT CONTAINS INCLUDING THE BODY**

**WHEN YOU DROP YOU, THE REAL YOU
'OMNISCIENCE' TAKES OVER**

**YOUR AWARENESS IS ONLY AWARE OF ITS
OWN COMPLETENESS**

**NOTHING REALLY GROWS. ALL THAT
HAPPENS IS THAT YOUR EYES (YOUR
CONSCIOUSNESS) ARE OPENED TO WHAT'S
ALREADY HERE!**

CHOOSING THE LIGHT INSTEAD OF THE STORY

Light, pure consciousness, spirit, in which all forms appear and then dis-appear is the real you. To carry this awareness in your form is the greatest gift you can give to humanity as it breaks the **hypnotic body conscious dream** for so many souls.

To consciously realize that the objective world is nothing but a reflection of your own awareness is truly amazing, especially when you **consciously realize** that you can release yourself from the limited physical and mental senses by turning within to the **eternal complete spirit** that you really are.

With the **conscious realization** that all forms are made of light, spirit, and that the mental pictures of the physical and mental senses are not real, but only exist in a body conscious state or dream, is indeed true enlightenment.

To experience yourself as you really are has been the goal of saints and sages since eternity. To rise higher than the purely physical and mental senses - **which always function at at a much lower vibration** – would now as never before appear to be the order of the day. Hence the seeming breakdown of a society who's sole (soul) dependency has been on form (the physical and mental senses) **and not that which produces form.**

THE PLANET AND BEINGS ARE MADE OF LIGHT

This planet used to be made up of mainly physical and mental energy; a planet of negative and positive energy, a planet of polarities, but over the last few years this planet has been going back to its original state and vibration **which is light**. This is because negative energy or energies are no longer needed for **growth or awakening** souls to their true identities as spirit.

With the **conscious realization** that there is **only energy and not people** comes **spiritual consciousness** which is beyond the purely physical and mental vibration that used to govern this planet.

With this new spiritual awareness comes a much higher vibrational universe of unconditional love, where all heart 'chakras' (energy wheels in the body) are automatically opened allowing energy to flow more freely, thus ending disease on this planet. For those that can now turn inwards to the infinite invisible spirit that they are, which is the only reality and the producer of all things, all possibilities will be at hand.

Along with the **conscious realization that all form is in fact light, spirit or pure consciousness in form**, all apparent needs are automatically met.

A quote from Paramahansa Yogananda's book 'Autobiography of a Yogi'

The surmounting of Maya (the human dream) was the task assigned to the human race by all the great prophets. To rise above the duality of creation and perceive the unity of the creator is conceived of as man's highest goal.

Those who cling to the cosmic illusion must accept its essential law of polarity: flow and ebb, rise and fall, day and night, good and evil, pleasure and pain and birth and death. This cyclical pattern assumes a certain anguishing monotony. After man has gone through a few thousand human births, he then begins to cast a hopeful eye beyond the compulsions of Maya.

A Yogi (a fully conscious being) who through meditation has merged his consciousness into the creator perceives the cosmic essence as light: to him there is no difference between the light rays composing water and the light rays composing land or body.

Free from matter-consciousness and free from the three dimensions of space and the fourth dimension of time, a master transfers his body of light with equal ease over the light rays of the earth, water, fire or air.

'If therefore thine eye be single thy whole body will be full of light'. Long concentration on the liberating spiritual eye has enabled a Yogi to destroy all delusions concerning matter and its gravitational weight: henceforth he sees the universe as an essentially undifferentiated mass of light.....

MAKING THE TRANSITION

Most people have been living in a **body conscious dream**, a dream made up of purely physical and mental awareness. As this consciousness **by its very vibrational nature** is so limited, pain disease and emotional suffering have been the order of the day.

There is a higher state of consciousness beyond the physical and mental called '**spiritual consciousness**'. Some have called this the 6th dimension, others '**the kingdom of heaven**'. Once **consciously attained or realized**, there is no disease because the **vibration of the body is so much higher** (energies do not get stuck and flow more).

'The Kingdom of heaven' is the kingdom of **full consciousness** where the vibration is so powerful that it removes emotional (ego –motional) energy blockages. In physical or mental awareness there is always **emotional dependency** which functions at a much lower vibration and perpetuates disease.

Dependence of form to determine our reality is enslavement and always ends in dis-illusionment or dis-ease because of its low vibration. Dependence on what produces form, spirit, ends the cycle of birth and death because of its higher vibration.

THE DREAM STARTS WITH CO-DEPENDENCY

The dream – **the lower vibration-** starts with co-dependency (**company dependency**). As **our consciousness always becomes form**, if we stay in these lower vibrations where our dependency is on form, we usually re-incarnate back into body consciousness time and time again to find our **6th dimensional frequency or higher selves** within the **painful body conscious dream**.

The **hypnotism or mesmerism** starts with compromise (co-promise). We then live out the **body conscious dream of birth and death** supporting other people's realities. With the **conscious realization** that it's the props on the stage of life that keep us **hyp-notised and dependent on form** comes an amazing freedom. It is usually through **dis-illusion-ment and suffering** that we wake up to this.

Once our higher self along with its higher vibration comes into play it slowly awakens us from the **distractional hypnotic body conscious dream**. For many in past lives this would have been done in the confines of a monastic order or convent, but now it is needed in the world.

Dependency on that which produces form, 'spirit', instead of the form itself is our highest vibration which is deathless.

THE INDIVIDUAL IS NOTHING OF ITSELF

Individual minds, individual energies, are nothing of themselves; they are so limited in a **personal sense** of themselves, but as the individual wakes up to their true identity, the **impersonal sense** of themselves (**from body consciousness to universal consciousness**), they begin to hold the whole energy of the universe in their bodies. **This is how healings take place** (from body energy to universal energy).

The impersonal sense of oneself is usually only woken up by emotional (ego-motional) situations (**the human personal dream**) or trauma, illness and disease of every kind and nature. **The wonder of living now is that you can choose to grow consciously avoiding disease.**

There is probably nothing more powerful than putting your attention to the ears and listening within to the ‘audible life stream’, **the sound of spiritual energy in the spine called ‘om’**, which kills off the survival thinking human mind (you will find that you cannot listen and think at the same time) and reveals (healing is revealing) the one universal mind where there is no disease.

In the one universal unconditional mind, your true mind, your vibration is at one with all that is and disease is unknown.

LIVING THE DREAM OF UN-COMPLETENESS

Living the dream of body consciousness, along with its low vibration, is living with purely physical and mental awareness, living by physical or mental means, planning, scheming, controlling or manipulating, where the sole (soul) dependency is usually **always on form**, money, family, relationships (being loved) fame (attention seeking) or power.

When we live with just mental and physical facilities, we live in survival mode or fear. We then endure every sense of suffering and lack because we usually live pushing the world around, along with its low vibration.

When you **consciously know** that the physical and mental states (or vibration) can only **ultimately experience pain and suffering** because they live in an ego dream and are not fully conscious, the more the light really begins to dawn.

A state of consciousness is in fact a vibration; the more conscious we are the lighter the vibration we are. The lighter we are the more we are at one with the light that produces all things, the omniscience, where there is no disease.

PRACTICING THE PRESENCE OF THE REAL YOU

Practicing the presence of the real you is communing or meditating with your real self, your higher self or spiritual nature. As you practice the pre-sense you are actually by-passing the form sense (the physical and mental senses) smelling, tasting, touching, hearing, seeing, thinking and planning, which always function at a much lower energy rate and **keeps you in body consciousness.**

By embracing your **spiritual sense** or what some have called the ‘sixth dimension’ you embrace **a much higher vibrational body** which is much more spirit full and integrates much more energy into the body.

As more and more people **wake up to and from the hypnotic body conscious dream** there will be less and less disease because disease can only manifest in an **unawakened body or denser form.**

Your awareness is vibrational; this universe has a vibrational frequency of light. As your awareness expands into **full consciousness** (which is already here) your energy field merges with the infinite invisible light that produces all things (**which are always whole and complete**) thus ending the cycle of birth and death.

THERE IS NO MATTER

There truly is no matter. Spirit composes the whole of the universe and everything in it. **Spirit is not subject to the throes of evolving, birth and death.** In the experience of **full illumination**, where all is seen as dancing molecules of light, this is **experienced and known and always includes your body of light** because **spirit is the substance of all form.**

In full consciousness the changeless fact of **finished perfection** that constitutes this universe and everything in it is **consciously known** because along **with spiritual perception** goes the **conscious knowing of completeness.**

In body **consciousness** – the human mind or the physical and mental senses – there is time, attainment, growing, evolving, becoming and **lack of awareness**, in other words **the body conscious dream.**

With spiritual perception there is no time. All is finished now. When the human mind, which is synonymous with time, is let go of all that is left is timelessness, completeness and the conscious knowing that time and space do not exist; ‘Look up! The ground is full of harvest before the seed is in the ground’

WHY WOULD YOU IDENTIFY WITH SOMETHING WITHIN CONSCIOUSNESS WHEN YOU ARE CONSCIOUSNESS ITSELF!

There is **amazing power in the above statement**. When this statement is **consciously understood** the **futile dream of body consciousness** will disappear along with all its suffering.

There is truly only **one consciousness** in existence **which includes all things within it whole and complete**, and you are that one consciousness in action. **To consciously know this** is to know true existence as it is.

Spirit does not inhabit the body: Spirit is the body. Nearly all spiritual teachings have a tendency to malign the body. In fact some of the greatest spiritual teachers have left this vibration of existence with a disease. **Therefore it takes the ultimate conscious realization that all is light including the body**, for the vibrational body unit to be here on earth.

This is a vibrational universe, a universe of light. So now as never before, **the vibration of full awareness can be held in the bodily unit**, thus ending all disease on this planet along with the cycle of birth and death.

BODY CONSCIOUSNESS 'EGO' IS A DREAM FROM WHICH YOU SLOWLY AWAKEN THROUGH PAIN AND SUFFERING

Here is an extract from Paramahansa Yoganada's book 'Autobiography of a Yogi'

One day I entered a motion picture house to view a newsreel of the European battlefields. World war I was still being waged in the West; the newsreel recorded the carnage with such realism that I left with a troubled heart.' Lord' I prayed, 'why dost thou permit such suffering?' To my intense surprise, an instant answer came back in the form of a vision of the actual European battlefields. The horror of the struggle, filled with the dead and dying, far surpassed in ferocity any representation of the newsreel. 'Look intently!' a gentle voice spoke to my inner consciousness. 'You will see that the scenes now being enacted in France are nothing but a play of chiaroscuro. They are the cosmic motion picture, as real and as unreal as the theatre newsreel you have just seen – a play within a play'.

My heart was still not comforted. The divine voice went on: creation is light and shadow both, else no picture is possible. The good and evil of Maya must ever alternate in supremacy. If joy were ceaseless here in this world, would man ever seek another? Without suffering he scarcely cares to recall that he has forsaken his heavenly home. Pain is a prod to remembrance. The way to escape is through wisdom! The tragedy of death is unreal; those who shudder at it are like an ignorant actor who dies of fright on the stage when nothing more is fired at him than a blank cartridge. My sons are the children of light; they will not sleep forever in delusion.

Although I had read scriptural accounts of Maya, they had not given me the deep insight that came with the personal visions and the accompanying words of consolation. One's values are profoundly changed when he is finally convinced that creation is only a vast motion picture, and that not in it, but beyond it, lies his own reality.

As I finished writing this chapter, I sat on my bed in a lotus posture. My room was dimly lit by two shaded lamps. Lifting my gaze, I noticed that the ceiling was dotted with small mustard-colored lights. Scintillating and quivering with a radium like luster myriads of penciled rays, like sheets of rain, gathered into a transparent shaft and poured silently upon me.

At once my physical body lost its grossness and became metamorphosed into astral texture. I felt a floating sensation as, barely touching the bed, the weightless body shifted slightly and alternatively to left and right. I looked across the room; the furniture and walls whereas usual, but the little mass of light had so multiplied that the ceiling was invisible. I was wonder struck. 'This is the cosmic picture mechanism' a voice spoke as though from within the light. 'Shedding its beam on the white screen of your bed sheets, it is producing the picture of your body. Behold, your form is nothing but light!'

I gazed at my arms and moved them back and forth, yet could not feel their weight. An ecstatic joy overwhelmed me. The cosmic stem of light, blossoming as my body, seemed a divine replica of the light beams streaming out of the projector booth in a cinema house and manifesting as picture on a screen.

For a long time I experienced this motion picture of my body in the dimly lighted theatre of my bedroom. Despite the many visions I have had, none was ever more singular. As my illusion of a solid body was completely dissipated, and my realization deepened that the essence of all object is light, I looked up to the throbbing stream of lifetrans and spoke entreatingly 'Divine light, please withdraw this, my humble bodily picture into thyself, even as Elijah was drawn up to heaven by a flame.'

This prayer was evidently startling; the beam disappeared. My body resumed its normal weight and sunk on the bed; the swarm of dazzling lights flickered and vanished. My time to leave this earth had apparently not arrived.

SPIRIT ANOTHER NAME FOR CONSCIOUSNESS

Because you are conscious, you already have **full consciousness and freedom** because you can always turn within to your very own infinity, **to the one and only invisible intelligence that you are and is functioning you**. The more you can do this the more you can live without disease.

There is no life in a tree, branch or leaf. There is no life in a human being, cat, dog, flower or even seed. **They are all inert form without a life of their own – all life is in the one indivisible spirit that flows through them and functions them**. Any disease, traumatic or emotional situation only serves to push us into this awareness, **to make us fully conscious instead of humanly (form) conscious**.

All dis-ease is only there to get us to turn within to the **infinity of our own consciousness** where there is **wholeness, completeness and splendour**.

The purpose of any dis-ease, whether it be bodily disease, pocket book disease or relationship disease, is to get us to **embrace our infinite nature – our higher vibration – where there is no disease**. The wonderful thing about consciousness is that it is always complete.

DEATHLESS CONSCIOUSNESS

Where is this body that's being used but **within the one consciousness – the one and only consciousness in existence** – which produces all things **always whole and complete – your consciousness**.

Living without **full consciousness** or just the physical and mental senses this world would appear to be composed of matter and everything in it would appear to be in a constant state of change, growing, ageing, dissolving and disintegrating.

Living in full consciousness and spiritual illumination all form is seen as light along with its changeless perfection.

In most of the old wisdom schools of the far East it was widely known that the **experience of full consciousness** could only be experienced when all '**chakras**' were open and what is known as the **third eye** or **spiritual eye** in the centre of the forehead activated.

But now because of the planets vibration, the glorious experience known as '**spiritual illumination**' '**cosmic consciousness**' or '**Christ consciousness**' (where all form is seen as light 'spirit'), **can be consciously known and evidenced as the only reality by all.**

CONSCIOUS KNOWING IS THE ONLY THING WORTH POSSESSING

As you wake up to the **futility of the body conscious dream** you **consciously realize** that the only thing really worth possessing is ‘conscious realization’

Could you possibly imagine having a 2011 awareness in 1492 when Columbus discovered America – **because it was already here in spirit**. Can you possibly imagine having a 3011 awareness in 2011 **because it is already here in spirit (in consciousness)**.

When you **consciously realize that you are never the body** but the **awareness, spirit or consciousness holding up and functioning the body**, all things are possible because ‘**The kingdom of heaven**’ or ‘**full consciousness**’ is **always at hand**.

In truth there is surely only one thing worth having or possessing and that is full awareness.

It is truly worth repeating time and time again – like the times table – until it becomes a **conscious realization**, that my **consciousness is always complete and whole** because it is the **ultimate reality which includes the end of all suffering**.

THE ONLY WAY OUT IS IN

There is no God separate and apart from yourself. All you are ever doing is making the unconscious part of yourself fully conscious.

It's the painful experiences of life that push you within and make you fully conscious! To avoid all dis-ease all you need do is sit in the stillness and turn within to the infinite invisible spirit that you are and your higher self, which is the stillness will heal you and reveal to you (healing is revealing) your completeness.

As the lower vibrational nature of human awareness is let go of, the energy in the spine rises from the base 'chakra' (the genital region) up the spine to the brain stem, eventually activating the pineal and pituitary glands or what is known as the 'third eye' or the 'eye of all seeing'. As this happens everything is seen in its original vibration as 'light'.

This is truly the greatest of blessings because now the sound of energy (spirit) or what is known in mystical literature as 'the audible life stream' or 'the holy sound' also starts to be heard **from within**. If this sound is **consciously listened to** the energy in the spine starts to purify the denser vibrations of flesh and physicality making it far finer and thus incorruptible. **To immerse yourself in this sound** completely is to have a finer vibrational body where **there is no disease**; this is why a lot of the bodies of the saints were incorruptible.

**THIS IS A VIBRATIONAL UNIVERSE OF LIGHT, NOW
AS NEVER BEFORE THE VIBRATION OF FULL
AWARENESS CAN BE HELD IN THE BODILY UNIT
ENDING THE CYCLE OF BIRTH AND DEATH.**

**FIND THE VIBRATION OF WHERE YOU ARE GOING
TO AND WHERE YOU HAVE COME FROM WHILE
YOU ARE STILL IN FORM**

**TO BE DEATHLESS CONSCIOUSNESS IN FORM IS TO
BE ALL THAT YOU CAN BE.**

**‘TO LOVE IS TO BE GOD
NEVER WILL A LOVER’S CHEST FEEL ANY SORROW
NEVER WILL A LOVER’S ROBE BE TOUCHED BY MORTALS
NEVER WILL A LOVER’S BODY BE FOUND BURIED IN
THE GROUND
TO LOVE IS TO BE GOD’**

RUMI

YOUR BODY IS YOUR CONSCIOUSNESS IN FORM

**IF YOU FEEL THAT SOMEBODY MIGHT BENEFIT FROM ONE OF THESE ‘LITTLE
BOOKS’ PLEASE FEEL FREE TO COPY IT AND PASS IT ON AS DISEASE DISSOLVES
FROM OUR ENERGY FIELD AS A HIGHER VIBRATIONAL STATE IS ATTAINED OR
REALIZED**

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