

A sunset over a desert landscape with large rock formations. The sky is filled with horizontal bands of orange, red, and purple. The foreground is dark, with silhouettes of rocks and sparse vegetation. The text "Awakening Consciousness" is centered in the middle of the image in a white, sans-serif font.

Awakening Consciousness

In Practical Life

Life is a Series of Choices



Our Present Condition Is Not Ideal



Our True Nature is Consciousness



Awakening is Our Highest Function





We are asleep.

What does this mean?

A misty forest at sunrise. The sun is a bright, glowing orb on the left side of the frame, partially obscured by a soft, hazy atmosphere. The sky transitions from a pale orange near the sun to a deep, cool blue on the right. In the foreground and middle ground, the silhouettes of evergreen trees are visible, their forms softened by the mist. The overall mood is serene and contemplative.

We are asleep.

Why does this occur?

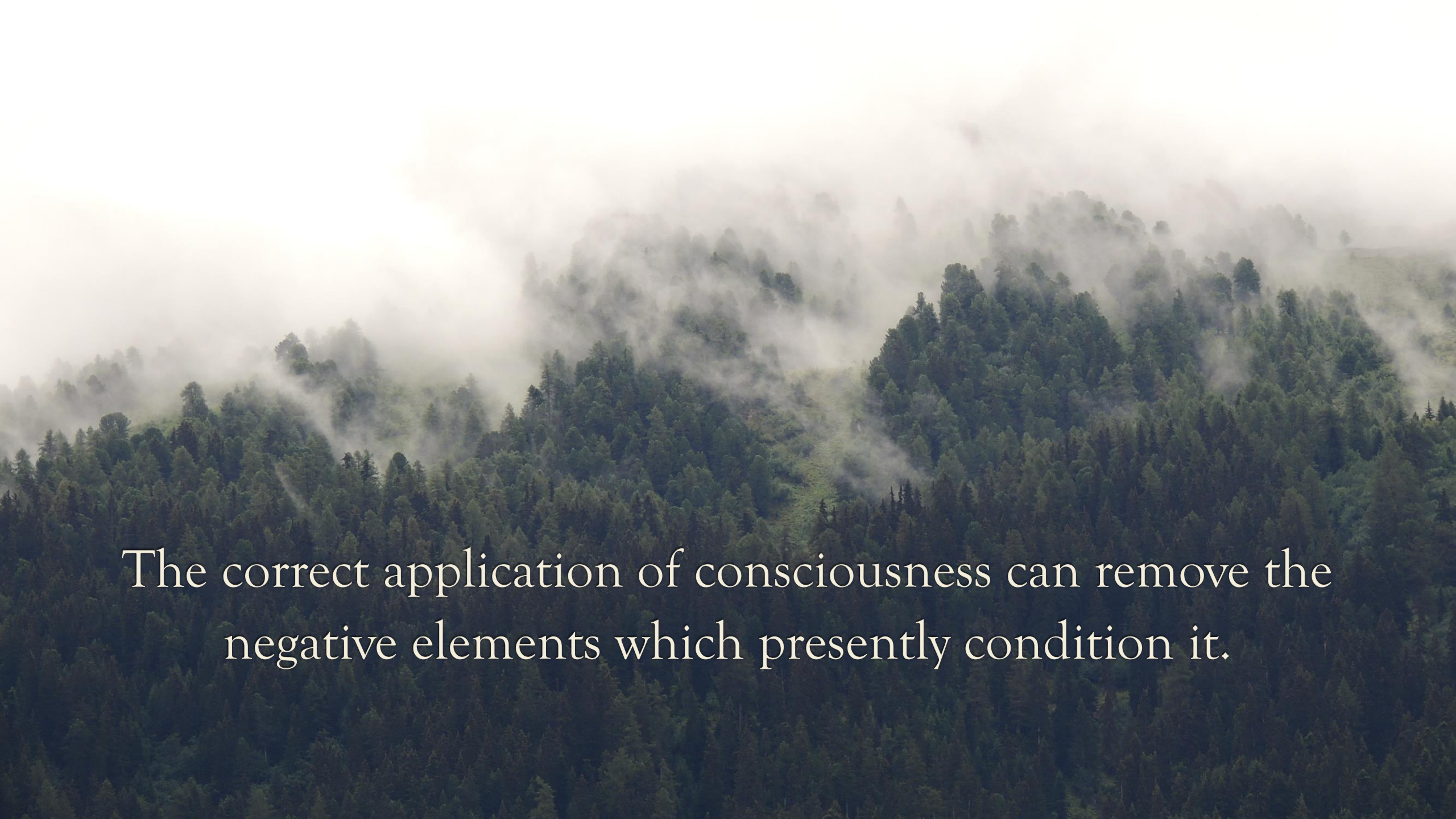
A misty forest at dawn. The sun is low in the sky, creating a bright glow that fades into a soft blue mist over the trees. The trees are silhouetted against the light, and the overall atmosphere is calm and serene.

We are asleep.

How does it occur?

A wide-angle, high-angle photograph of a dense forest. The trees are a mix of dark green and lighter green, suggesting a variety of species. A thick layer of white mist or fog hangs over the forest, partially obscuring the trees and creating a sense of depth and atmosphere. The lighting is soft and diffused, typical of an overcast day or early morning. The overall mood is serene and quiet.

The remedy is willful application of consciousness.



The correct application of consciousness can remove the negative elements which presently condition it.


An aerial photograph of a river delta, showing a large river branching into many smaller channels. The water is a mix of brown and green. The surrounding land is a mix of brown and green, with some buildings visible in the lower right. The text is overlaid in white, serif font.

Continuous Flow of Life

Streams of impressions.

Streams of mental states.

Streams of instinct, emotion, thought, volitions, and actions.


An aerial photograph of a river delta, likely the Amazon, showing a complex network of channels and floodplains. A large, multi-story building complex is visible in the lower right quadrant, situated near a major channel. The text is overlaid on the image in a white, serif font.

Self Observation

Observe the impressions of life.

Observe the mental states.

Observe the responses.

An aerial photograph of a river delta system, likely the Colorado River, showing a large reservoir and a dam structure. The water is a deep blue-green color, contrasting with the brown and tan earth of the surrounding landscape. The river branches out into many smaller channels, creating a complex network of waterways. The terrain appears to be a mix of rocky and sandy areas, with some sparse vegetation visible in the lower right quadrant.

S.O.L: Subject, Object, Location

Observe the subject: “I”

Observe the object: what/who you interact with.

Observe location: details of your environment.

Basic Concentration Exercise

Counting the Breath Pyramid Pattern

- ◇ 1-1
- ◇ 2-1, 2-2
- ◇ 3-1, 3-2, 3-3
- ◇ 4-1, 4-2, 4-3, 4-4
- ◇ 5-1, 5-2, 5-3, 5-4, 5-5
- ◇ 6-1, 6-2, 6-3, 6-4, 6-5, 6-6
- ◇ 7-1, 7-2, 7-3, 7-4, 7-5, 7-6, 7-7
- ◇ 8-1, 8-2, 8-3, 8-4, 8-5, 8-6, 8-7, 8-8
- ◇ 9-1, 9-2, 9-3, 9-4, 9-5, 9-6, 9-7, 9-8, 9-9
- ◇ 10-1, 10-2, 10-3, 10-4, 10-5, 10-6, 10-7, 10-8, 10-9, 10-10
- ◇ 9-1, 9-2, 9-3, 9-4, 9-5, 9-6, 9-7, 9-8, 9-9
- ◇ 8-1, 8-2, 8-3, 8-4, 8-5, 8-6, 8-7, 8-8
- ◇ 7-1, 7-2, 7-3, 7-4, 7-5, 7-6, 7-7
- ◇ 6-1, 6-2, 6-3, 6-4, 6-5, 6-6
- ◇ 5-1, 5-2, 5-3, 5-4, 5-5
- ◇ 4-1, 4-2, 4-3, 4-4
- ◇ 3-1, 3-2, 3-3
- ◇ 2-1, 2-2
- ◇ 1-1