

How to Expand Your Consciousness to Universal Levels

I. From standpoint of Wisdom Religion this not a correct presentation of problem.

- A. Finite consciousness cannot reach universal by expansion but by transcendence.
 - 1. By expansion finite merely becomes larger finite and is no nearer infinitude
- B. However by comparing series of expanded states some idea of transcendence may be realized.
 - 1. Illustration of caterpillar becoming butterfly
 - a. Implies death to old condition as prerequisite to birth in new.
 - 2. Plato's story of the men in the cave.
 - a. Required a breaking away from life in cave to realize life in open sun.

II. Discussion of four states of consciousness: Jagrat, Svapna, Sushupti, and Turiya.

- A. Each state more subjective than last and transcends it.
- B. Svapna partially overlaps Jagrat hence confusedly remembered.
- C. Sushupti not remembered as nothing in physical brain corresponds to it
 - 1. Continuity of self not lost in it however as revealed in statement: "I slept dreamlessly!"
 - 2. This state corresponds to the heaven world.
- ~~D. Turiya~~ Turiya, a state of adept consciousness, the state of Universal consciousness.
 - 1. Not realized save by walking the path of Yoga.

E. These states may all be realized in waking state by use of Yoga discipline

- 1. Elementary stages, ~~seeing the ideal in the idol~~
 - a. Seeing the ideal in the idol
 - b. Reproducing these ideals by pure subjective technique without object.
 - c. Following works like Light on the Path with aid of Guru.
 - d. Finally individual work with Guru.

III. Practical illustration of expanding circles.

- A. Selfish individual life. (Jagrat)
- B. Family of small group or class life. (Svapna)
- C. National life. (Sushupti)
- D. International life. (Turiya)
 - 1. In this case the circle becomes a straight line involving no excluding inclusion.
 - a. This involves transcendence as is not reached simply by increasing size of circle.