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 transcendance.
      1. By expansion finite merely becomes larger finite and is no nearer infinitude
   B. However by comparing series of expanded states some idea of transcendance 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, 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:
         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 transcendance as is not reached simply by increasing size of circle.