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Awakening Consciousness

Three per cent free and ninety-seven asleep: identification and fascination, and the SOL key for waking from them.

AWAKENING CONSCIOUSNESS

WHAT IS CONSCIOUSNESS?

Consciousness is the inner capacity to perceive ourselves clearly, understand what occurs within us, and act consciously.



AWAKE CONSCIOUSNESS

Observes thoughts, emotions, and actions without identifying with them.

SLEEPING CONSCIOUSNESS

Reacts mechanically, identifies with experiences, and lives under the influence of the egos.

3 % ESSENCE

A small conscious and luminous part remains free.

97 % SUBCONSCIOUSNESS

Infraconsciousness • Unconsciousness • Egos

CAUSES OF THE SLEEP OF CONSCIOUSNESS

IDENTIFICATION

Forgetting ourselves when we become absorbed in a situation.

FASCINATION

Becoming trapped by thoughts, emotions, desires, or objects.

SELF-DISCOVERY

We need to observe, understand, and eliminate our defects in order to awaken consciousness.

PRÁCTICE: SOL KEY

S — SUBJECT

Who am I, and what is occurring within me?

O — OBJECT

What am I observing, and how am I reacting to it?

L — LOCATION

Where am I, and what is happening around me?

REMEMBER: SUBJECT • OBJECT • LOCATION