

EXPANDED AWARENESS THROUGH INNER SILENCE

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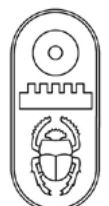
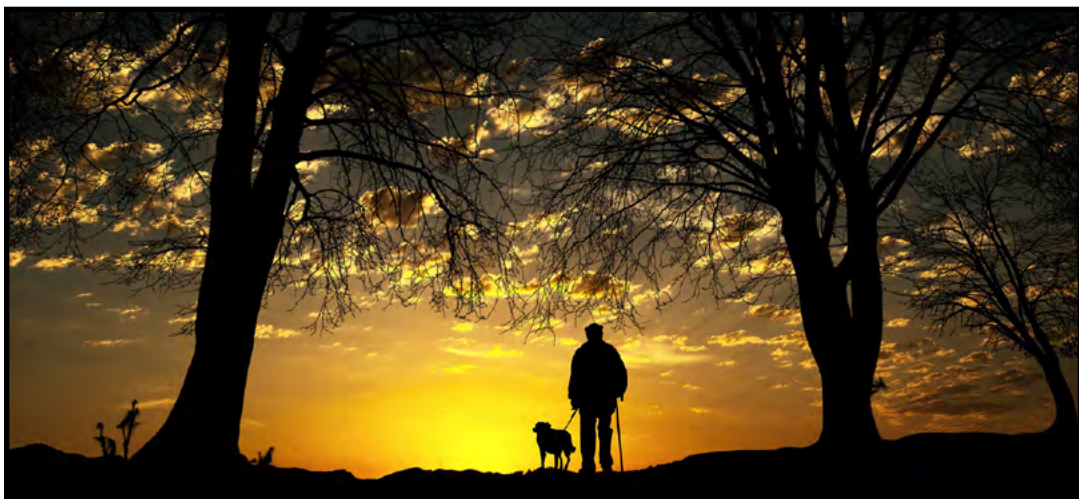
Philosophers and other great thinkers have spent years studying the interconnection between the invisible fields of energy and matter. As we all know, we experience the world of matter with our senses. However, to connect to the realm beyond our senses, we must be in attunement with the principles and laws that help us transcend the realm of matter.

Let us ponder the following questions: Is awareness limited to the perception of our five senses? Is it possible to perceive things beyond smell, taste, sight, hearing, and touch? Can we perceive things before we are conscious of them?

We often encounter events that show that our consciousness is not limited to our five senses. We have sometimes been compelled to follow subtle impulses that led to surprising favorable outcomes. We have followed our hunches and gut feelings that led us in the right directions and, at other times, even kept us from danger. For example, while rushing to keep an appointment, we could make a wrong turn into an unintended route, only to discover later that the previously intended

route had delays. There have been reports of individuals who missed a flight only to discover later mishaps associated with the missed flight. We tend to attribute these circumstances to luck. Is it luck? Or is it possible that a higher part of ourselves perceive these mishaps and lead us to take alternative paths? Where do hunches and gut feelings come from?

Resident in all of us is a divine essence that is limitless, expansive, intelligent, and knowing. It is part of the integral all, and as such our perceptions of events are not limited to time and space when we are attuned with this essence. To experience this divine essence resident in us is to expand our awareness beyond the five senses. How can we do that? By turning our focus inward and becoming completely silent. Our understanding of self is expanded by realizing through inner experience this divine essence and its nature. Learning about our nature alone is not enough. It has to be experienced within. Only then can we start to grasp who we truly are. Through inner silence, we can attune with the divine essence.





Let us explore who we are from an intellectual standpoint. This will help in understanding the interconnection between us and all things.

Rosicrucian Ontology states that people are dual in nature. We have a soul and a physical body. The soul is a spiritual energy that animates the physical body and impregnates each cell of a being. It is an extension of the Universal Soul that infuses all of Creation. Consciousness is an attribute of the soul. It has a form of perception and thinking transcending all cerebral faculties. It is for this reason a person in a coma continues to think and perceive the environment. As per our teachings, we know there are three planes of consciousness: the earthly, spiritual, and cosmic planes. The spiritual consciousness from the spiritual plane is that divine consciousness united with our earthly consciousness in our bodies. As the name implies, the Cosmic Consciousness from the cosmic plane is

the consciousness of the Cosmic. It is the Divine Intelligence, and cause of all things that permeates the entire universe. And, in Cosmic Consciousness, there is a sense of all-knowing and seeing a situation from a cosmic view point. We all have varying degrees of this consciousness depending on our level of study and development. It is the ultimate goal of all of us, as students on the path in quest of self-mastery to attain complete Cosmic Consciousness.

Nevertheless, to experience higher levels of consciousness requires elevating our awareness to a higher realm where we can transcend the limitations of matter. One of the ways to do this is to train the self in proper attunement. Using meditation, we can attune with one or more higher levels of consciousness. In meditation, we realize the various manifestation of self, such as the physical, emotional, psychic, and intellectual aspects of self. As we go deeper in our meditation, the self begins to express as a dynamic silence. It is a silence

that is so unlimited that any phenomena could psychically manifest in it and be realized.

In this silence, all thought and cognition cease. The mind passes from the consciousness of objects into a state of perfect tranquility. Time and space are absent. Time passes without our knowledge of it. In this silence, the mind is rejuvenated, and great clarity and new inspiring ideas may arise.

A distinction should be made here between the silence brought about by will, such as that which you experience when you stop talking, and this unlimited dynamic silence that results from attuning with the higher consciousness. This type of silence we refer to is a dynamic silence. It is a state of tranquil rest that is not brought about by our will, but naturally occurs when we attune with the higher planes of consciousness.

In this inner silence, there is a sense of oneness, a realization of the ALL. In the silence, we attune ourselves with the cosmic mind. Cosmic attunement is a pure channel for knowledge and truth devoid of the delusions and colorings of the objective world. We can also seek knowledge or insight into our problems. No matter how complex the problem is, it can always be resolved through proper cosmic attunement, even though the solutions may not be according to our will. The secret behind attaining good health, happiness,

and a fulfilling lifestyle can be found in cosmic attunement. Cosmic attunement should be the primary responsibility of all students on the mystical path.

Furthermore, it is important to emphasize consistency in our practice of inner silence. A minimum goal of once a day is recommended by H. Spencer Lewis. It could range from five to thirty minutes. This should be the time when our mind is completely at rest. The consciousness, like the body, needs complete rest to maintain its health and vitality.

We must turn away from seeking our power from outside ourselves. Instead, we must turn our searching consciousness inward and seek the inner light and intelligence. By turning our consciousness inward, we bring our objective mind in contact with the divine consciousness resident within us, which harmonizes with the absolute, the cause of all, the essence that permeates all things.

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with the divine and divine consciousness. When we learn to go into the silence and attune effectively with the cosmic at least once a day, we will find that not only are many of our problems solved, but other problems are often prevented from coming into our lives.

