

EXPANDING AWARENESS THROUGH SOUL, SCIENCE, AND, NATURE

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In the years 2020 and 2021, many of us have felt the need to expand our full awareness of life and the world around us more than we ever did in the past. New challenges have grown larger and more complex than ever before, overwhelming us with an ever wider range of opinions, technologies, hopes, and threats to life itself.^{1,2} This calls for us to focus ever more attention to two big questions, at the top of our mind, every day of our lives:

Is it possible for us to expand our awareness and integration, through soul, beyond what our mundane brain could do on its own, enough to keep up with the challenges and expand our lives?

If so, how?

Approaches to Meeting the Challenge

In this cycle of the Rosicrucian Order, H. Spencer Lewis,³ Ralph Lewis, Christian Bernard, and Claudio Mazzucco have led efforts to strengthen and integrate exercises to expand the higher capabilities

of human awareness, developed by many mystical schools over millennia. They also have done their best to integrate these practical methods with what was known from science during their time.

Carl Jung, building on Freud's scientific study of the brain and mind,⁴ developed other impressive exercises and connections with soul, going beyond the limitations of the mundane mind, facing up to the great challenges to humanity in the 1920s and 1930s.⁵ Now, a more complete integration has become possible (and needed) due to revolutionary breakthroughs in science in this new century.⁶

Before the spring of 1967, I was one of the many well-trained creative scientists who did not believe that humans could learn to exercise powers like telepathy, deep empathy, astral travel, and true attunement with higher intelligence. But the Cosmic was kind to me by shattering my beliefs with a series of unwanted impossible





shocks from 1967 to 1972.⁷ Before 1967, I dedicated my life to understanding the human brain in totally mundane terms, and in helping reduce the dangers of war which result from ordinary mundane types of neurosis and error.⁸ But after I learned that all my understanding was just a tiny fraction of reality, I put all my energy into trying to understand what I had been missing. That is why I joined AMORC in the early 1970s, after deeply investigating many other mystical traditions. Above all, I joined for the exercises or experiments, to help me find out for myself.

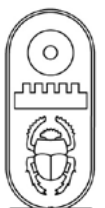
The Celestial Sanctum: One Major Tool in Addressing the Challenge

One of the most important Rosicrucian exercises is the visualization of the Celestial Sanctum.

Why should we limit ourselves to what we can read on paper or on computer, or in local physical meetings in the mundane world, when we might be able to use astral projection to reach a place where we can see demonstrations directly from

the world's greatest masters, where we can make global connections, and can even contact teachers who have moved on from this plane? When I joined the Order, I certainly did not believe that I could reach that place, but I wanted to try as hard as I could, to find out for myself.

Because the Celestial Sanctum is so important for anyone who can get there (or even just attune with it), the Order has distributed a simple booklet about it, *Liber 777*, for free to everyone. I did not pay much attention at first, because it seemed so far beyond my level. But later, after many preliminary exercises, I was able to fully immerse myself in the book *Sanctum Celeste* in French, by Raymond Bernard, the father of the last Emperor Christian Bernard. His book had such powerful vivid images and feelings to stimulate the “subconscious” mind. Those were so important to projecting my thoughts beyond my immediate environment, and making a real connection.



But astral projection is not such a simple thing. The real thing is never so simple. It calls for us to keep our “peripheral vision” alive, to be alert to things and feelings inside us and out which we had not expected.

The first time I tried to reach the Celestial Sanctum, I visualized a great cathedral with some kind of spiritual energy, as in Bernard’s book. That first time I did not reach the Sanctum. Instead, I reached a great cathedral in the astral plane. It was full of gigantic people in clerical robes, all fixated on some concept of holiness, like stigmata, staring ahead of them. At the far back I felt drawn to an unassuming side door in the dark wooden wall, behind which a friendly, normal-sized guy with brownish hair came smiling up to me and greeted me.

“My name is Jesus [Yeshua],” he said. “I am so happy you came here to listen and learn. All those formal big people say they follow me, but they never even come to listen, they are so absorbed with themselves.... Anyway, now that you are

here, I have something to tell you, which I hope will bring you some happiness and good opportunities. Since you read a lot of science fiction, I have four authors/books to recommend to you.”

One of the four was the Hyperion series of four novels by Dan Simmons. At that time, only the first few novels had been written, but in time I read them all. They deal in a very serious way with the future relation between humans, computers, and the human spirit (which I associate with our noosphere). This year, I was about to send out a very important post on artificial general intelligence, computers, and cybersecurity, directly linked to the meeting between Putin and Biden, and I was even about to explain a new technology... but when I stopped by my old IMac computer before that, a message suddenly popped up urging me to watch a new Youtube video on the Hyperion series! When I watched it, I could see that it directly addressed today’s technical issues, with details I had not noticed when I read the books. That really unnerved me, and gave me a warning



of caution. (There were two other such warnings as well that day.)

The others he recommended were *Song of Earth* by Orson Scott Card, a trilogy by R. McAvoy (recommended the year before it was published) depicting deep spirit in higher Catholicism, and something by L.E. Modesitt Jr.

Later Efforts

I was able to find the right place later. It fit most of what has been written about it, in monographs and elsewhere. For many years I went back there, even after my membership expired for a few years (when I was working for the U.S. government). However, the National Science Foundation did allow me to do research and publish on general methods for expanding human awareness and potential, which apply both to the mundane level and to the spiritual level,⁹ which I was happy to apply quietly in my own esoteric practice.

More Advanced Tools: Cosmic Consciousness

Many of us believe (from experience and from what science tells us) that some form of Cosmic Consciousness (CC) is one of the highest vehicles of expanded awareness. But the vast majority of people who claim to have reached CC or samadhi have only reached lower states, biased by a hundred types of delusions.¹⁰ For example, many people equate samadhi with a kind of mundane pleasure in the brain (“bliss”), which can be induced by psychokinesis to pleasure centers, and can lead to a horribly wasteful kind of distraction and weakening of the mind¹¹ akin to drug addiction or electrical self-stimulation. Some others move towards destruction of the mind or mindlessness. Higher Tibetan mystics move more towards mindfulness, not mindlessness, even though it does



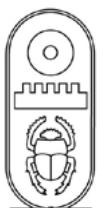
make life more complex and pushes us to learn ever more and never just give up.

The Department of Instruction in San Jose recently asked many of us to address a question inspired by the book *Mental Alchemy*¹² directly related to CC: “How can we cultivate love of the cosmic to connect us better to our true higher psychic...?”

I said nothing about that question at the time, because it seemed unnatural to me. As I look out at nature, at my wife, and at the cosmos in the early morning, when I practice my own type of CC... I would never try to cultivate love as a way to serve some specific goal in my mind, however worthy. That’s backwards, and going backwards can get people into real trouble. It’s more like the love cultivating me. Rather, it is the great reality which keeps me alive. I connect to it, receive it, and express it as best I can.

Whenever there is a darkness from a lack of real purpose and energy in my life, I fall back on “light, life, and love”, and refresh that feeling literally every morning of my life.

In CC, the day after the Zoom to San Jose, I realized: isn’t this parallel to Ralph Lewis’s thought about the soul, about





how it is just there, and does not need any cultivation?

That thought was so alien to me when they asked about it. It was alien because of how we all tend to assume different meanings even for the words we take as most common and universal.

For me, “cultivating the soul” means cultivating some aspects of the brain, and cultivating the soul personality, and even building stronger links within the noosphere itself to strengthen their collaboration, as in the ancient concept of Alchemical marriage. It is not just there. In fact, its supreme cultivation is perhaps the number one goal we all should be working towards at this time. And that is what justifies the existence of the Rosicrucian Order in such an important and unique way. How could one say “it is just there”? And yet, I see, like my wife and like the noosphere, it is there, and it is also good to be able to see that yes it is there. That which is cultivated and the process of cultivation are not in contradiction to each other.

But what is the soul? There are many stages and levels in answering that question.

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Endnotes

¹ Metta Spencer, “264 Climate Change and the Media,” June 8, 2021, <https://www.youtube.com/watch?v=dwzPJRCVWQ4>. See also http://www.werbos.com/climate_extinction_risk_and_solutions.htm.

² Paul Werbos, http://www.werbos.com/How_to%20Build_Past_Emerging_Internet_Chaos.htm.

³ H. Spencer Lewis, *Rosicrucian Manual*.

⁴ Karl Pribram, “The Neuropsychology of Sigmund Freud,” *Experimental Foundations of Clinical Psychology* (1962): 442-468. <http://www.karlpribram.com/wp-content/uploads/pdf/theory/T-013.pdf>.

⁵ Carl Gustav Jung, *The Red Book: A Reader's Edition* (WW Norton & Company, 2012).

⁶ Paul Werbos, http://www.werbos.com/mind_brain_soul.htm.

⁷ Paul Werbos, “Quantum Measurement, Consciousness, and the Soul: a New, Alternative Position.” *Activitas Nervosa Superior* 61, no. 1 (2019): 41-47, <https://link.springer.com/article/10.1007/s41470-019-00038-z>.

⁸ Robert Marks, “PAUL WERBOS: THE NATIONAL SCIENCE FOUNDATION AND AI,” *Mind Matters News*, <https://mindmatters.ai/podcast/ep138/>.

⁹ Paul Werbos, “Neural networks and the experience and cultivation of mind,” *Neural Networks* 32 (2012): 86-95.

¹⁰ Chogyam Trungpa, *The Collected Works of Chögyam Trungpa: Volume 3: Cutting Through Spiritual Materialism; The Myth of Freedom; The Heart of the Buddha; Selected Writings*, ed. Carolyn Gimian, (Shambhala Publications, 2010).

¹¹ David Lindsay, *A Voyage to Arcturus*.

¹² Ralph Lewis, *Mental Alchemy*, <https://www.rosicrucian.org/rosicrucian-books-mental-alchemy>.