

## **AWAKENING FROM THE WAKING CONSCIOUSNESS**

Our greatest hope as human beings is to live in freedom and peace, yet a contradiction is observed between one's inner intention and the workings of the mind. Alongside hope for peace, there is worry and concern. Alongside the desire for freedom, the dictates of the mind appear to be constricting.

When the mind awakes in the morning, it greets the day wanting to avoid pain, worry, anger, sadness, or feeling bound. What is observed at the end of the day? One of two experiences – either satisfaction that circumstances aligned to fulfil one's expectations, or frustration and disappointment that circumstances appear to have acted as an obstacle to satisfaction. What is being observed is a changing state of consciousness, dependent on the circumstances to reflect a fleeting, tenuous state of freedom and happiness.

### **The Waking State Consciousness**

Regardless of one's unique and particular circumstances, waking up each day to daily demands, expectations, and concerns is an experience all can relate to, because it is built into the nature of the mind. Just as nature is designed so that day becomes night, summer turns into winter, so too, the mind, made of nature, revolves in the polarities of happiness and unhappiness, success and failure, expectation and disappointment. This is the functioning of the waking state consciousness; it is built on the foundation of the pairs of opposites and is bound in the cycle of experiences.

The waking state function is not wrong; rather it is designed for the purpose of survival, but there is a dormant power, an unseen potential lying within the human being that is covered by the waking state of consciousness. Ordinarily, this power remains hidden, but through meditation and Self enquiry, an extraordinary power can be awakened.

During the mind's waking hours, the senses are constantly gathering information from the surroundings and sending that information to the mind to process in order to maintain the body's existence, interact with people, understand our relative situation, etc. A human being has been given an extraordinary gift, the potential to raise the level of consciousness. Human consciousness has the power to examine, the ability to reflect on the instinctive nature of the senses, and observe the mental processes of the waking state. This examining power expands human consciousness to recognize that they are not bound by the changing cycle of expectations and disappointments of the waking state experience.

## **Meditation Builds the Power of the Observer**

Meditation is the timeless freedom from the wheel of changing experience. In meditation one tunes into the unchanging witness Self, that in the waking state is blinded by the blur of constantly changing experiences.

The observer is not something to become; it is who you truly are; it is only being covered and clouded by the noise and paraphernalia of the waking state. Just to sit, to be still with closed eyes for some time during your day, is allowing the waking state to settle and eventually subside.

Recently, someone asked me, "I have been meditating for a few weeks now. What results should I be experiencing from meditation?" If we look for the results of meditation through the lens of the waking state consciousness, it would be like planting a tree and every week unearthing the small sapling to examine how long the roots have grown.

Meditation is for the one who wishes to be free from the fluctuating mind that helplessly rounds in the wheel of changing experiences. When you identify yourself only to be the experience of the waking state, you will not know your deeper Self. Not taking time out from the waking state keeps the consciousness on the level of the obvious, manifest self, which will miss the subtlety of the deeper, unobvious Self that is the witnessing consciousness.

## **The Great Gift of Meditation**

You are the observer. When you sit in meditation, even for 5-7 minutes, regularly, and allow the thoughts to pass across the screen of your consciousness, you are not feeling the importance of the waking state consciousness. You are tipping the scale to nourish your true Self – the observer. You may not initially see the results of meditation, but it is growing in strength each time you meditate.

Meditation is the antidote to the limitation of the waking state; an antidote to imagining you are a victim of your circumstances; an antidote to the dictates of the mind when it is bound with the senses. Meditation evolves the consciousness to rise out of experience, and to realize its free, unchanging, witnessing nature.

That is your real power, your real strength, and your real freedom.