



INDIVIDUAL – COSMO CENTRIC LIVING

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I have been wanting to place us all with our work as vibrational beings and our role as individuals, as a group and how we can value what we are doing for consciousness.

Ken Wilber describes the 3 faces of god which is useful to describe here simply to help us understand the inter relationships of god.

1st person: God as a field of consciousness – what we call the frequency of consciousness that surrounds us that we are all a part of

2nd person: God as other – when we fall to our knees and are thankful for the almighty

3rd person: God as a process: you as an evolutionary vessel

So with that in mind these dimensions exist simultaneously. We do though work within the field of own awareness – everything arises in every moment according to our own awareness. This is NOT to be mistaken for the field of consciousness (which is an ego less field). So the field of consciousness we are all a part of – the absolute, can only evolve if you do, through higher stages of development.

So our goal is to work with the development of the 1st person field of consciousness using our 3rd person perspective. The field is dependant upon the conscious intention of evolving individuals who see themselves as part of this process.

Yet this is not something that can happen by just you believing in this whilst still engaged in your physical, emotional or mental bodies. It calls for transcendence of this and deep spiritual immortality to be a great contributor to this field of consciousness. It also calls for highly developed individuals who live beyond ego - we can then be most effective in the development of evolutionary enlightenment. In order to enter into this field the narcissism has to be put down – your false self has to go so your authentic face is what you bring forth.

Your **interior dimension** – your own experience of the field of consciousness, this is the interior face of god to you. Once you experience this it implicates the individual calling forth YOU as an individual to be involved in the most profound way possible. If we are still engaged in our own story and we are obsessed with our own image this will affect this involvement so our challenge is to recognise the implications of our own life beyond ego.

Cosmo centric awakening is what it is called – when you awaken to the fact you are consciousness and you are interested in your role beyond narcissism and how you are able to affect this from an authentic inner dimension is when you will be ready for cosmo centric awakening. Being highly developed as an individual – meaning you are objective in your being then we will become most impactful so there lies our individual responsibility. There also will be a degree to which you awaken some awaken at 5%, 10%, 70% it will awaken within you at various times and levels. Obviously the stronger it is the more passionate and courageous you will become.

When you see how big it is it can be and feel overwhelming and many of us reach this space yet go back into the story of our life and all is forgotten until the next time. Whatever world you are living in – your movie that you are starring in with your plot and your story – it smashes this plot when you start to think at this level. I think you make a conscious switch to this and it brings you to your knees. Your drama and your ego seems no longer relevant as you awaken to this and morally your values change and your essence evolves.

The story you are making is meaningless and useless. It is seen as a distraction to what is really important. It may not last as a constant stage within but you will start to have glimpses of this more and more in your life.

This radically implicates the individual and calls you forth to live at this stage of development. This calls forth all of your self-obsession as no longer relevant and places you in a space of nothingness – what do I do? How can I help? What is my role? How do I contribute? What is my moral obligation? These questions will no doubt plague you when you reach this space.

Andrew Cohen and Ken Wilber refer to this as when you really start to develop. A non-dual space is what you see and feel so you no longer feel separate to other (yet you are an objective self-defined individual) and you no longer see that you have to go through x,y,z steps to 'get there". You are there and are ready for this big role. Your own agendas go out the window and those things you needed to do to get yourself ready to be ready are irrelevant. This is all part of the ego's game – to get ready to get ready!

This also means nothing unless in the context of relationship – meaning within a culture. Personal enlightenment is useless without it being in relationship with other. So you're an individual who is evolving affecting the field of consciousness is your new perspective so the context we are all sharing is evolving. Moment to moment if this is our intention as we participate then we contribute to all in our culture being affected through the field of consciousness.

The work we are doing through defining our own vibration and feeling this and then receiving and participating with the higher vibration on the planet is maybe one way we are contributing to this field of consciousness. Our individual vibration is one with all and we experience this yet our opportunity alongside of this is to transcend the human narcissism and our ego attachments in life.

So the work we are doing to merge the evolution of our own bodies, mental minds, energy systems, emotions and spiritual selves through the context of working together vibrationally is a way we are contributing to the cosmo-centric awakening.

Our responsibility is to understand this and see how wonderful we are in contributing in this way whilst simultaneously transcending our story at all levels of our being. Just because we have awakened to a cosmocentric perspective all of our ego will not just disappear in an instant. You will feel a moral and ethical purpose to live by and define your values based upon this. Solving any of your neurosis is also just going to keep you validating the story. You are ready NOW to embrace this there is NOTHING to work on or work out. That is just the way you keep yourself away from true contribution.

Keep your uniqueness and special parts of who you be, that does not leave you yet you also hold a higher frame and work and live from this perspective at all times. You do not dip in and out meaning being transparent only when you are with people who 'get it', it is JUST who you be in all facets of life. You will express it many ways verbally, vibrationally, in love making, in your being. It is centred deeply within you and at a moral and integral level you feel you must live from this paradigm as a dignified human being with pure motivation.