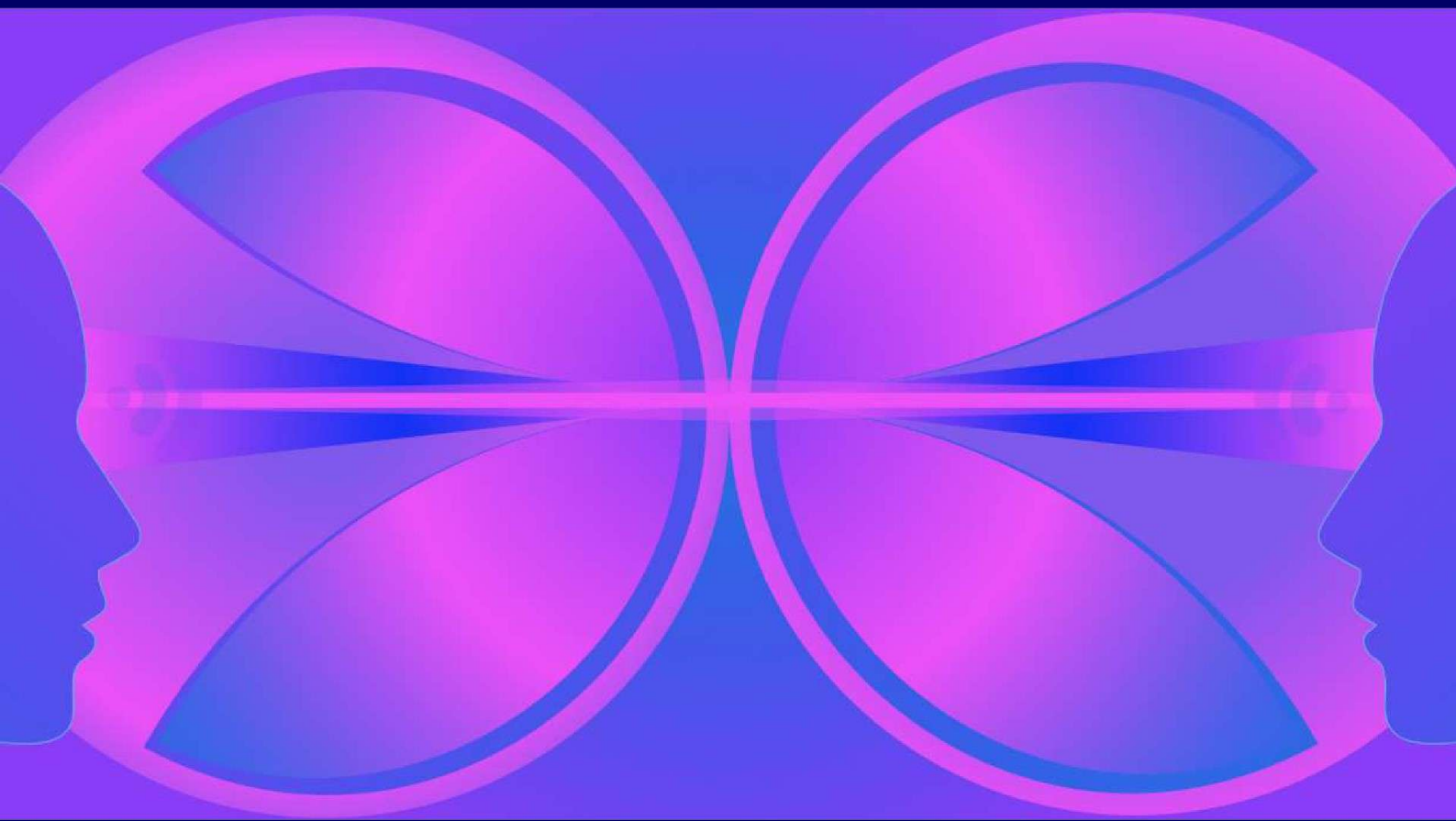


Cosmic Consciousness & Your Core State



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What Is Cosmic Consciousness?

I need to begin this eBook by briefly defining what the term 'Cosmic Consciousness' actually means to me. It's quite clear that other teachers, gurus and authors all have somewhat different perspectives regards what Cosmic Consciousness is. Therefore, in order to fully make use of what I am offering it's important for you to know what my perspective is.

I often speak of the 'Cosmic Plane of Awareness.' This is an elevated state of awareness wherein it's possible 'to see and to know' the true underlying nature of reality. This includes all objects, situations, circumstances and

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people. This is the state of being that many sages and seers enjoy.

A real key understanding here is that this type of higher awareness simply cannot be present if there's any energy that desires to use it to find fault or to direct blame, or to use it to one's advantage over another, etc. It must always be used in a pure form to embrace everything with a new level of understanding from the heart.

Cosmic Consciousness is what emerges from this type of awareness when energy is put into motion from the still point that such awareness emanates from... i.e. the awareness itself is not the motion. Cosmic Consciousness is thus all-embracing. In this state one implicitly KNOWS the interconnectedness of all things while at the same time possessing a keen understanding regards the differences that also exist on the manifest plane of reality.

The manifest plane of Earth is a place where a process of deep and diverse differentiation occurs in order to produce the physical nature of a being or an object... in other words anything that is comprised of matter as we know it. This involves subtle energy crystallizing into more substantial patterns.

Cosmic Consciousness is a state whereby both the differentiated and the undifferentiated, the manifest and the unmanifest, the body and the spirit, are seen and known to be different parts of an overall spectrum of energy

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and consciousness existing at different frequencies and energy levels. It's all part of a vast inter-connected Reality.

Once achieved, this level of consciousness then always exists in the background of your mind and being, continually informing your conscious mind and feelings from this exquisite place of inter-connectedness, unity and oneness.

Cosmic Consciousness still perceives the reality of duality for those who are experiencing it, and it also knows implicitly that the dualistic reality is incomplete. This innate perception then inspires a deeper embrace with the incomplete reality in order to assist it in it's process of completion. For in truth, to one experiencing cosmic consciousness, the incomplete reality is still a part of the self that seeks upliftment, healing and ultimately enlightenment.

For example, if you are in cosmic consciousness and you encounter someone that is struggling and who begins projecting harsh energy towards you, spontaneously you will see and know their pain and not take their words and actions personally. Instead, you will understand the perfect way in that moment, with that person, to reach out and comfort them.

In this way Cosmic Consciousness as I'm relating to it is similar to what is called the state of Nirvana in the Hindu spiritual traditions. A great story from those traditions which has been told many times in many different

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ways, and which well represents what I am relating, is the story of Quan Yin. This name can also spelled as Guanyin or Guan Yin and is the most commonly used Chinese translation of the bodhisattva known as Avalokiteśvara.



The version of the Quan Yin story I was told that has very deep meaning to me. This story relates that Quan Yin sought enlightenment, the experience of Nirvana and thus total liberation from the suffering, travails and illusions of the Earth.

She dedicated her whole life and being to this pursuit. Then one day, she finally achieved Nirvana. A moment later she turned back and gazed upon the Earth and saw there was still suffering. She knew then that she MUST go back and help uplift all who continued to suffer because they were an integral part of her that was still not free. That story still brings tears to my eyes and radiance to my heart. It holds a deeply profound truth and exemplifies what Cosmic Consciousness means to me better than anything else I might relate to you my dear soul friend.



Core State Explained

I'm including a brief explanation on Core State for your convenience in the event you've not yet read my other eBook '[Core State Entrainment™ Life Enrichment Technique](#).' I do encourage you to accept my gift and read that publication if you've not done so already.

Just what is Core State anyway? Core State is who you truly are if you strip away all the pretenses, limitations and illusions. It's the CORE YOU, the REAL YOU. This real you will naturally and easily emerge into your experience to the degree that you are able to cease doing things that interfere with it. Your Core State is the BEST YOU of love, compassion,

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forgiveness, caring, connectedness, gentleness and kindness.

We could therefore say that your Core State is a pure manifestation of Cosmic Consciousness in the form of a balanced and illumined human ego. It's the place where consciousness and form do a sacred dance of life and form a perfect blending of spirit and matter. This holy union represents a very high form of alchemy that defies understanding by our limited human minds. Your UNlimited Cosmic Mind, which is accessible in Core State, understands it all perfectly though!

Better understanding this cosmic interplay is what this eBook is about!



The Sacred Dance of Life

Here you are in a world of form that seems completely alien to who you are in truth... your Core State. It's easy to come to the conclusion that it must be some type of cosmic joke or even a mistake! Yet, it has a deep sacred purpose or this reality, and all the beings like you and I who are participating in it, would not exist.

Many people say it's all an illusion. I once said that a lot myself. I've instead come to know that the illusion part is the mistaken perception that what we see and experience of the world with our five senses is all there is to reality.

The part we see and experience with our five senses is indeed very real

too. Whatever you experience is real to you in the moment you're experiencing it. Yet, so is the part of reality that's comprised purely of subtle energy, sentience, consciousness and universal principles, all of which your five senses cannot detect. This gives rise to four keys.



FIRST KEY: we can't experientially access a higher and unlimited reality without first acknowledging and accepting the limited reality that we find ourselves in. Acceptance is always the first key required.

When love moves from the unmanifest into the manifest, from being a noun to being a verb whereby it has action and movement, it's first action is acceptance of all that exists, simply because it exists. Thus it also accepts that everything has a purpose whether we can perceive it or not. If something didn't have a purpose it simply would not exist!

The Sacred Dance of Life requires you to always accept that everything in existence has a purpose or it would not exist. This is a very simple truth that can take a considerable amount of time and effort to actually integrate whereby it becomes a living reality within you. This truth is very important. This key alone is a very powerful re-alignment.



SECOND KEY: there are ways of accomplishing the integration of the truth of the first key in a fairly expedient manner. As a second key I find it helpful to first embrace the truth that the universe is intelligent far beyond our mental comprehension of intelligence. Once you've accepted the existence of a supra-intelligent universe, then it's quite a bit easier to accept that everything indeed has a purpose for existing even if you don't know what that purpose could possibly be because whatever it is seems so durned atrocious!



THIRD KEY: atrocious is, however, a limited judgement. Such judgements will limit or eliminate our ability to access Cosmic Consciousness. Part of this Dance of Life thus requires us to develop enough self-awareness to recognize such judgements when they take place. We also need to develop the tools needed to gracefully release them into the White Flame of Love (or any other visual that works for you). This third key is that release.



FOURTH KEY: where your attention goes energy flows... learning how to focus on the good things you wish to experience and see in the world will bring that energy into your field, and that's what you'll then experience. This amplifies that energy in our world.

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Anytime you're faced with an inner struggle of any sort, if you can become self-aware enough to acknowledge that you're in fact struggling, then you can endeavor to shift your focus onto the FEELING of what you really want to be experiencing instead. When you can successfully accomplish this, what you feel inside yourself will shift rather quickly. In my free eBook '[Core State Entrainment Life Enrichment Technique™](#)' I walk you through a process for doing this.

Here's a brief summary of the steps involved in better accessing your Core State from my eBook 'Core State Entrainment Life Enrichment Technique™':

- 1. DISCOVER:** Learn to Experience your Core State Feelings.
- 2. IMPRINT:** Remember your Core State Feelings.
- 3. ENTRAIN:** Return to your Core State Feelings at Will.
- 4. SUSTAIN:** Remain in your Core State Feelings Continually.

Sounds simple, and it is! Experiencing your 100% natural and inherent Core State of being also then opens you up into enjoying the Cosmic Plane of Awareness wherein you can experience exquisite and highly expanded states of Cosmic Consciousness.

Those four steps above form the central movement in the Sacred Dance of Life. Being able to effectively implement them empowers you to fully accept

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an existence within the limited form of you while simultaneously experiencing the unlimited form of you. Once you are empowered in this way, then all efforts to struggle free of your limited form cease. This liberates all the energy that was expended in such struggles so it can be used for much better things! You're then FREE at last, and it was strictly an inside job after all!



The Cosmic Network

Truly, the universe is an infinite web of inter-connected everything. Matter, energy and consciousness on all levels are parts of a comprehensive wholistic network of holographic reality structures. Therefore, we are integrally a part of this universal cosmic network. We've co-created it and we've simultaneously entered into the fabric of its extensive web to experience various levels of its reality. This is rather akin to being both the chicken AND the egg!

Right now, as conscious beings, we're aware that we're focusing energy within the reality we call Earth. We may also have other parts of our being

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that are focusing energy in other realities and worlds too. We are far vaster and more expansive beings than most people realize or can possibly even imagine.

As you expand in your awareness of the vastness and inter-connectedness of the universe while simultaneously becoming much more keenly aware of the subtle energy that underlies everything you are and experience, something truly mystical and magical begins to happen. You begin to grasp the true nature of reality and yet at the same time your ability to try and analyze and define it all starts to slip away.

This can be very disconcerting at first. As this process progresses you gradually become more comfortable within it and learn to just accept the significant degree of uncertainty that comes with the territory after your mental analysis and definition retreat.

This is a very necessary movement because your need to analyze and define to understand places a serious limit on the type of reality you are actually able to experience.

I'm speaking here of using these faculties for analyzing and defining the nature of reality, not for use in everyday functions. It's still possible, and even necessary, to engage mental analysis and definition to perform at higher levels within the collective reality of the Earth of today.

We can do this while at the same time being fully in touch with and

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experiencing a much more expansive multi-dimensional reality on the subtle planes. This is the Reality which brings in a deep sense of connectedness to everything everywhere. This leads to an innate understanding that then elicits one and only one response to anything that occurs... compassion, kindness, gentleness, understanding and a desire to remove or heal the pain in another.

Cosmic Consciousness is the fine essence of your self-awareness that inherently KNOWS the unity of your Self and all other things and beings... while Core State is the YOU, the pure state of your incarnating ego, that's in perfect resonance and alignment with your Cosmic Awareness. Together, in their immenseness, they do a Sacred Dance of Life upon the infinitesimally small portion of the vast cosmic web that we call the Earth.

Take a deep breath, and contemplate those words for a few minutes and REALLY let them sink in...





The Great Undoing

Your Core State and Cosmic Consciousness already exist fully developed within your being right now. It's therefore not a matter of going on a quest to find and acquire something you don't already have. Please do not be concerned if you have been on a quest either. I was once on a quest too, and it all served the greater purpose in the end. In fact, once you've gained an inner knowing that your quest is no longer unnecessary, you'll also come to understand how it can even interfere with your desired goal to achieve higher states of consciousness if you attempt to cling to it.

Once you choose to end your quest, you can then begin to assume greater responsibility for being a living expression your soul's birthright than ever

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before. This is where you can become a living, breathing manifestation of the unique vibration of rarified love that you brought to the Earth as your exquisite gift.

What was once your quest then transforms into simply being a keen observer of self from outside looking in... Self observing the self. This is a profound shift from being trapped inside yourself reaching out into the cosmos as far as possible, such as when you're on a quest. This is where you become a much a wiser being who's dedicated to being more keenly aware of the things that your limited nature does which interfere with your experience of who and what you already are. In a word, it becomes an UNdoing instead of a quest! You begin peeling things away each day instead of adding more into the mix.

With everything you UNdo, you are also then expending that much less energy and your energy-in/energy-out equation improves greatly. This additional energy is then available to you to be used for much better things. As you gain increasingly more energy like this, while at the same time moving into a greater degree of resonance with your core state and cosmic consciousness, you progressively experience and broadcast an ever more powerful and clear vibration of pure love, compassion and true empowerment into the collective soul and consciousness of humanity.

You can think of this using the age old analogy of 'peeling the layers off an onion.' With every layer that you peel off, you get closer to the core of the

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cosmic onion where your CORE STATE resides. Each layer peeled means there is that much less interference with experiencing your Core State more fully. As your Core State gains strength in your experience your innate Cosmic Consciousness is then able to inform and animate you from a far more expansive state of awareness.

By using the tools I've created, and which I've offered to you as my gift to help you achieve a more powerful and sustained experience of your Core State, you can also then automatically gain direct access to more of your Cosmic Consciousness as well. As I've related previously, these two go hand in hand. Realizing these states of being does not require complex systems or techniques either. The simple steps I've outlined for experiencing your Core State in a more sustainable way are all that's needed. You can simplify them even more for yourself once you've become familiar with my version.



A Cosmic Conclusion

This eBook is short, but concise. It is richly embedded with higher awareness and consciousness keys. It also imparts basic understandings that are required to enrich your life experience by being able to experience your Core State more deeply and continually.

The approach I've laid out is one that can take you straight to the heart of what every human being deeply longs for. This is to experience the entirety of their unlimited nature while they are embodied in a limited human form.

Souls that have not discovered these keys will go to all sorts of extravagant lengths and step through many wild gyrations trying to feel fulfilled in this

way. Each of those efforts then falls short of being the fulfillment they really desire. So off they go chasing one rainbow after another looking for the pot of gold.

The point I hope that I REALLY made clear in this eBook is that this pot of gold is inside of YOU and has been all along. It's there just waiting to emerge into your life so you can experience it more fully.

This whole concept is a real game changer. It can and will extract you from your ongoing effort of searching "out there" for the elusive bit of knowledge, understanding, tip or technique that ultimately fulfills you.

There is no "out there!" It's all right there inside of YOU and it has been all along. You can rest easy now in the knowing that all you need to do is open up to experiencing what you already are, and cease doing anything that interferes with that. BOOM!

Once I learned how to do this, shadows I'd been struggling with for many years, and for which little progress had been made, suddenly resolved and were no longer part of my experience. I had a hard time believing they were gone at first... but indeed, time has shown me that they are!

These realizations and new state of being did not mean that I no longer faced challenges in life. Rather it meant that I showed up for them in an entirely different way than I had been. The resistance to challenges is largely gone. On occasions when it still arises it just passes very quickly

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and gracefully. An apt analogy would be that it's sort of like watching a small cloud form on a hot summer day only to see it subsequently dissipate very quickly and then vanish!

How can that be? In your Core State you're being informed by your innate Cosmic Consciousness which is an all-pervasive higher awareness. From that state you will autonomously perceive challenges as a highly positive opportunity that is entering your experience in life. This is why there is no resistance to them. They get embraced right along with all the rest of life.

Thus the dramatic up/down good/bad differences that most humans experience become far more balanced. The highs and lows are more like rises and dips on an exciting roller coaster ride that was engaged for the fun it would be. Or if roller coasters aren't your thing, you could think of the highs and lows as waves on the sea that rise, break and fall and rise again. They are just part of the sea's natural movements and are not good or bad. The waves just are.

The highs and lows and ups and downs in your life can be related to in a similar manner once you begin experiencing your Core State and innate Cosmic Consciousness more deeply and sustainably.

I caution you to not fall prey to the trick of the mind that will want you to believe that because this material I'm presenting is so simple, it can't be the secret key you've been seeking! The mind loves complexity, it feels

important when it feels it has mastered something complex. There is a way of dealing with this too though. Which is...

Simply tell your mind that it's magnificent, and that this simple approach will make it look even more magnificent and it will not have to work so hard either. Further, tell your mind with love and appreciation that you will always rely on it for sorting out how to get things in life done. Trust me, your mind will like that a LOT!

More Core State Entrainment™ Resources

