

The Nature of Awareness

(The Mind, Body and Spirit Connection)



By: William D. Lovett © February 2010

Preface

Dedicated to: Doug Marino – A good friend and spiritual counselor who worked tirelessly to bring the light of awareness into the world

This book is an expression of my spiritual journey. When the thought of writing this book came to me, I wanted to explore individual and collectively held beliefs and test them against my understanding or awareness to see what new awareness could be gained by this inquiry. I found that any subject could be met with inquiry and a lot of beliefs fell by the way as I pushed the envelope of understanding. The journey always led back to the truth that the source of all life is also the final answer to all questions. The creative energy field of all creation, the source of all life, is the alpha and omega. Without the spark of consciousness we call life, there would be no evolution. The journey back to unity with the creative energy field is the path of self awareness. Once a topic was examined there was no barrier to peeling the beliefs away to get to the understanding of where those beliefs came from and if they were rooted in stressful ego identification.

My own journey of self awareness is not one of a sudden state of bliss. Although there have been many aha moments along the way. I have had a gradual stair step of experiences that opened the door to awareness a little bit each time. My spiritual quest is one of being open to all the different teachings from many different spiritual texts and learning something from each one. I grew up in the social cauldron of the 1950's, 60's and 70's, when the world was going through massive cultural revolutions, sexual liberation and rock & roll. These were part of an explosion of creativity and new ways of experiencing ourselves and the world. Along with those influences was the acceptance of the spiritual masters from the east. Buddha, Lao-Tzu and Krishna were studied and accepted as companions to the teachings of Jesus and Moses. Each new experience brought expanded awareness to me. To question my traditional beliefs and to look beyond was my way of trying to make sense out of all the new ideas and messages. I learned to meditate and use yoga as a way to connect to my spiritual being.

I am constantly reading, meditating and exploring new truths in physics and metaphysics to expand my knowledge and understanding of the world. I constantly search for the hidden truth in all life's experiences. There are too many influences to try to name all my sources for my present understanding. I would like to mention Deepak Chopra, Wayne Dyer, Eckhart Tolle and Katie Byron as some of the contemporary new age authors that I have enjoyed reading and learning to express spiritual ideas. I believe the collective voice of all new age authors are being heard. Our society as a whole is being brought into increased awareness of itself. The discoveries in quantum

physics have brought the understanding of the building blocks of energy and matter into focus. Science and metaphysics are now more in agreement with how our material world is formed and is experienced by our sensory perception.

I hope you can find some new understanding in this collection of essays, to be able to question your beliefs and accept reality in the present moment as your point of power. Love and Peace – William Lovett – February 2010

Introduction

Awareness is a concept that encompasses the totality of life. It is multi-dimensional in the sense that it is recognized by the mind on many different levels of understanding. Awareness is part of the life force within us that created our individual self. It is also the bridge between our understanding of the physical world of form and the unseen dimensions of the spirit world.

The creative energy that created life and sustains it has many names. Each language and culture has a name or identity for that which they perceive as the ultimate creator of the world. Consciousness and awareness are two words used to define the creative energy of life. They are both pointing to the unseen realm of energy beyond the physical self. I use consciousness as the definition of the life force. All living things have consciousness. The fact that they are alive means that their cellular structure is animated and conscious. Awareness is the individual recognition of consciousness and the life force. Awareness is multi-level and is experienced differently by each living thing. Awareness is evolutionary in the sense that it grows from experience, knowledge and understanding.

If you are awake in the world you have awareness of your surroundings. This is sensory awareness. That part of you that can see, hear, touch and respond to the sensory experience of the world. You can also be aware of your thoughts as they come and go. You may be able to discern the difference between random thought and thought created by intention. Imagination is the process of tapping into the wellspring of the creative energy field and bringing it into your experience. All inventions were created by thought from this source and it is available to everyone who wishes to connect to it. Awareness at this level is the bridge of understanding between the sensory self and the creative self.

The ability to be aware of your spiritual self allows you to know that you are much more than the just the body and the mind. The mind is the platform where thoughts are experienced and acted upon. The mind works in concert with the brain to form the whole of experience. Thoughts come and go based on perception and intention. It is the mind that puts all the pieces to together to create the final experience.

The spiritual self is the organized energy field of your essential being. Your individual consciousness was created from the creative energy field of all creation. The spiritual self is the unseen existence of this consciousness. It is also your connection to the universal field of all creation. The spiritual self sustains the physical self and is the guiding force in your life experiences. Life experiences are brought to you by the

spiritual self to be expressed on the physical plane of existence. You may not know why these events are brought to you, but the spiritual self is always seeking evolution. Awareness is developed by bringing understanding to all of life's experiences.

As you are able to be more aware of the many levels of perception at work, you gain more understanding of how the mind, body and spirit work together. The process is seamless and there is no apparent separation. The growth of awareness happens when you begin to accept new understandings of how you perceive the world and your relationship to it. You can start to discern patterns of your thoughts and see them as separate from your spiritual self. These patterns of thoughts are called beliefs. Beliefs are your learned response to the experiences of life. Beliefs build up from your family and society to form your perception of how the world works. Religion also plays a part in developing your beliefs about who you are and your relationship to others. Over time during the growth period of life, your beliefs become your interpretation of the world.

Strongly held beliefs can often cause stress and conflict because they are ego centered and serve the interests of the individual. The ego self is necessary to create individuality and personality, but it can also be destructive when thoughts of me and mine create isolation and duality. Separation or duality means that you no longer know your unity with all other living things

Through meditation and contemplation you can begin to get a glimpse of consciousness outside of the sensory self. This level of awareness takes you to the unity of the underlying energy field. Your ability to accept the world as it is and see the perfection of it is another level of understanding. Unity awareness is the ability to experience the entire world and see it as one unified energy field.

Spiritual truth has many names and is experienced in many ways. This book can give you a greater understanding of yourself and your relationship to others that will create peace and harmony in your life.

All the quotes preceding the chapters are from the Tao Te Ching, by Lao-Tzu

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Chapter One

"Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves"

A Birth of Ego

At birth when you come into the world your mind is clear. The beginning mind has the ability to accept it all as one without any identification. As you grow and begin to learn the names for all the things in the world, words create identity for the whole of creation. All the world of form is now identified as separate and unique. The mind has created duality in the sense that the unity of all things is now replaced with subject and object thoughts. Once the concept of me and mine is developed judgment and comparisons start to take form. When you make judgments, you are creating value where there was none before. For example, beauty is in the eye of the beholder. Any artistic endeavor is appreciated by comparison and how it speaks to the viewer. Value is created by preference, the intangible feeling for one thing over another. You can have preference for one thing over another without creating negative thoughts about the comparison. Judgments create conflict and stress when your preference for one thing over another becomes a stressful identification. You may think that your opinion is so right that no one has the right to disagree with your belief. This is what happens when the ego mind identifies with a belief so much that there is no room for accepting another opinion or way of thinking. Freedom from the ego mind is to see all things as equal in their importance to the world. No one thing is more important than the other. When you accept that truth, the world is open for you to experience without stressful beliefs.

The formation of the ego mind is necessary for you to create your individuality otherwise you could not survive in the world of form. Because of ego identification, now you are different from all others as the ego mind creates separation from the whole. As this process goes on, the mind can no longer identify itself as being connected to anything else. The ego self can no longer relate to anyone or anything as being part of itself. In the story of the Garden of Eden, Adam and Eve ate the forbidden fruit and were cast out into the world. This story describes the process that creates the ego mind. Subject and object identification is the fruit of knowledge. As your mind accepts labeling and identification as the way to experience the world, you lose the ability to see the unity of all life. As you identify each thing, they are now different and you build your world view from this perspective. From the garden of unity you move into the world of separation. This is the natural process of spirit coming into the world of form.

The Bible creates negative judgments about an angry God and the formation of sin, but the story of Adam and Eve living in harmony with nature is recognition of the unity that existed before the birth of the ego mind. All life is inter-connected, created and supported by the same life force that forms your life.

Quantum physics tell us that the world is made up of a unified energy field from which all things are made. A very small percentage of all physical forms are particles of matter. The majority of form is an energy field that is vibrating at high frequencies. Depending on what the energy represents, the frequencies and the particles are different for each thing. A rock's energy field is different than a tree, a tree vibrates differently than an animal and animals have a different vibration rate than humans. All species have a unique vibration rate which creates the uniqueness of each one. Through millions of years of evolution the insect, animal and human species have created an immense diversity. The DNA code that creates each one is essentially a vibration frequency of energy. Each bit of DNA code is created and recreated from the creative energy field. Your awareness of that creative energy allows you to experience your own evolution. Your individual body was created out of millions of possibilities and yet your DNA is uniquely yours alone. Your existence is part of a much larger web of life that is constantly evolving.

According to quantum physics all matter forms from the act of observation. Physicists have found that the particles behave differently when they are observed. The definition of matter is dependent upon the attention of the observer. The unified energy field that supports all creation can be anything or nothing depending on the attention of the observer. Your mind, through your sensory perception, creates all things out of the unified energy field. Your mind works in concert with your sensory perception and the brain to process sight, hearing and touch into picture thoughts, sound thoughts and object thoughts. Your eyes are transmitting reflected light waves from an organized energy field into an electrical impulse to the brain. The brain in turn takes the transmitted electrical impulses and pairs them with memory patterns to create a picture thought. All sensory processes work this way. Because it is so fast and seamless with all the senses working together at the same time, you take it for granted, not realizing the actual process behind your senses. Examine your beliefs about how your eyes, ears and touch work. Slow down the process of sight like a slow motion film. Imagine seeing the light reflected from a flower, think about how the lens of the eye focuses the reflected light onto the rods and cones in the back of your eye. Then the nerves are activated and send electrical impulses to the brain. The brain picks up the current from the eyes and looks for a memory to pair it with that will explain the image. If you have seen it before, you may have a name for it or if not more thoughts will be created about what

the object could be. The mind which is part of your consciousness takes the energy from the brain and creates a picture thought. The process is seamless and happens so quickly that you don't realize the many separate processes that create that thought. What we see, hear and touch are thoughts created by the mind from the sensory process.

By examining this process you can have awareness of how the senses work. The mind creates picture thoughts, sound thoughts and tactile thoughts out of the vast field of energy. What you see, hear and touch depends on your observation and attention. People who witness a crime scene will often see things differently from other witnesses. This is because the individual mind is creating the scene for each person and it may interpret the scene differently for each one. Thoughts create the world you experience from the sensory perceptions of sight, hearing and touch.

All of your life's experience is expressed in the present moment. There is no other place for it to occur. But because energy is always moving, never static, the present moment appears to be moving forward. Time is a concept the mind invented to cope with the incessant movement of energy. You use time to divide the journey of the earth rotating around the sun, Time is useful for keeping yourself organized and to travel from place to place, otherwise time is actually non-existent. All you ever have from beginning to end is the present moment. This understanding allows you to see creation as it unfolds in the ever present now. The present moment is always the point of power. Everything occurs in the ever present now. There is no other place to experience life. When Albert Einstein was discovering the theory of relativity, one of the thought experiments he worked with was the idea of himself riding on a beam of light. See yourself riding on the front of a moving train. You can look back to see where you came from, but the scenery in front is ever new and changes constantly as you speed down the tracks. This is the essence of living in the present moment. Your experience of life is ever new, rushing toward you and it happens only in the present.

Life is always now, the past or future is often expressed as "would, should or could". The past is already gone and the future is yet to be realized. When you live in the present moment there is no separation from life. You are free from illusion. Your mind is a mirror reflecting back your definition of the world. Everything you experience is an expression of your beliefs about the world. Life is showing you your attachments, beliefs and understandings. Awareness starts when you begin to understand that the unified energy that is behind all creation is separate from your mind. The ego mind wants to create judgments and comparisons in order to keep the individual personality strong. Your beliefs are simply your individual thoughts about how and why the world is the way it is. Once you can begin to question your beliefs, you can sort out which

beliefs create peace and harmony for all those involved and those that create stress and conflict. This is the litmus test for your beliefs; does it serve you and everyone who is involved with the highest and best good?

Recognize your ego self for what it is, your individual identity in this world of form. Also recognize that it is not the totality of your being, you are also an energy form of unlimited potential. The two coexists and the path of self awareness is learning to live in balance with spirit and bringing the unity of spirit into the world. "Live in the world but not of the world" is the definition of bringing peace and harmony into your life by being aware of your spiritual self in the everyday experience of life.

Chapter Two

"Practice not doing and everything will fall in place"

Accepting Life

Life's experiences flow from one moment to the next effortlessly. The ego thinks it is in control, and wants to keep consciousness in body identification. In body identification, you have no connection to anything outside of yourself. The ego says that all your life's experience is separate and is not connected to anything else. The isolation of ego thought is necessary for development of individuality but it also prevents you from realizing your connection to the shared source of life. However if you recognize that life's events come to you as part of the larger flow of energy of all creation then your isolation will be reduced as you feel connected to the source energy. With awareness there is no separation, you are part of the totality of life. You can also see that the present moment is where you experience life. All thought, decisions and actions take place in the same present moment. There is no other place to experience life than the present moment. Awareness is the ability to see the flow of thoughts that create your life and also recognize the creative energy of creation behind it.

People often say "where did the time go, my life goes by so fast". Life appears to be moving forward because all things change constantly. Your body changes and all form changes as the aging process take place. Nothing stays the same except the consciousness that see it all taking place. Your spiritual self is the witness to the physical self. It sees your progression from to birth to death as you move through the cycle of life. That relationship is why you feel the paradox of life changing and yet you feel you are same person inside. The more you can focus on the present moment, the more connected you are to your spiritual self. When you are focused 100 percent on any activity, you are in the "zone" that place where time stands still and you and the activity are one. Focus intently on your daily activity, be mindful of everything you do and you will begin to live in the presence of the spiritual self.

Awareness of the present moment does not preclude decision making, it makes decision making a positive experience. When you feel stuck or feel stress about your situation look closely at your thoughts, ask where does that thought come from and why am I thinking that thought? Allow the answer to come from within. By this process you move from confusion to clarity. By seeing your thoughts for what they are, just thoughts, you begin the journey to self awareness. Thoughts and activity are a cycle of exploration that starts from your birth and continues all your life. As you learn language you start exploring your world with your mind. Thoughts come to you as you

experience each new thing and your reactions are registered. New thoughts and new activity is initiated. This process is the fundamental building blocks of learning and knowledge.

Self awareness is the balance of being aware of the unity of life while at the same time maintaining an identity in the physical world. Accepting Life as it presents its self is the start of letting go of pre-conceived beliefs. Life is fine just the way it is. All you have to do is let go of attachments about the way it should be. Can you live in the present moment and realize that all things happen exactly at the right time? If you have conflict with that thought, look closely at why you feel that way. What is your resistance to that thought? Can you trust life to give you what you need when you need it? Christopher Reeves, the actor who played Superman in the movies, had a severe spinal cord injury and was paralyzed from the neck down. After finally accepting what life had given him, he was able to acknowledge that the injury was a blessing in disguise because it gave him the opportunity to be closer to his family and to make a difference for other people who had spinal cord injuries.

Questioning beliefs is like peeling an onion. Layer after layer of thoughts have to be examined to arrive at the core of the belief. Individual and collective beliefs have been collected for centuries of life experience. You can only begin with your current understanding and allow each question to move you forward. You can question your thoughts because behind thought is your awareness. Awareness is the platform upon which you can see the totality of life. You can take any belief you hold to be true and examine why you think it to be true. Does the belief create the highest and best good for everyone? Gay marriage is a current problem for many people. Many of the opposition beliefs are centered on homophobia, the fear of same sex relationships. Then there are the religious doctrines and laws of society that will not sanction gay marriage. All those beliefs cause stress and conflict because they argue with reality. The fact is that same sex couples do love each other and want to have the same rights as opposite sex couples. The reality of life is always the truth no matter how many beliefs are built about it.

People, who are lost in the world of ego thought, only get glimpses of awareness of the spiritual self. When an extreme situation occurs is when most people will turn to God for solace. It is the only refuge when the mind cannot cope with intense emotions and suffering. When the mind is overloaded with emotions such as grief or fear, it cannot provide any rational thoughts to cope with the experience. In those moments your connection with the essential self is the only way to find peace and solace. When you surrender your thoughts, then the connection is made to your spiritual self. This process works whenever you wish to connect to higher consciousness. Just allow

stressful thoughts to fall away and place your attention on your breath. By focusing on the air breathing in and out, your mind will come back to the present moment. Like a flower that opens, your consciousness unfolds with each new understanding. Awareness builds upon itself with each new experience. Think about your daily activity and try to examine your thoughts and beliefs about your life's experiences. This introspection will give you the space and distance to see awareness rising to resolve stressful beliefs.

Awareness is always there supporting your life. Why wait for an extreme conflict to know your true nature? Once you begin to surrender to the knowledge that you are much more than the individual self, new worlds open for your experience. You are a reflection of your thinking at all times. Look closely at how you think about yourself. What beliefs are holding you in limbo? Those answers will set you free. As you practice inquiry, life will bring you the next challenge. Don't be satisfied with the status quo, question your beliefs and see what new answers will come to you.

Life is a never ending process because energy never rests, it is always expanding. Just as the physical universe is expanding, your interior universe is expanding also. The journey to self awareness starts with accepting life as it is, no matter what form it takes. If you can sit quietly and feel the energy coursing through your body, you have just expanded your awareness. Then watch your thoughts fly by, see them for what they are, just bursts of energy coming into your mind. As you feel the difference between your thoughts and your consciousness, you have just expanded your awareness some more. The next level of understanding is to be the witness, the consciousness that sees it all and has no attachment to any of it. This is pure presence, that state of self that is your seat of power. Nothing can disturb this level of understanding because nothing has power over this state of consciousness. You are at peace with the world no matter what form it takes. The next level is when you merge with the universal energy and there is no separation. There is no subject and object any longer. Your consciousness and all people, places and things merge into the same field of universal energy.

Chapter Three

"Awareness is always present within you. You can use it any way you want"

Asking Questions

The concept of subject and object is a classic case of duality. You are this, therefore you are not that. From birth your ego mind has been naming and identifying all the objects in your world. So the mind can easily say you are separate and unique. This belief is true in the world of form. However there are many levels of truth. All subjects and objects exist at the same time, each supporting the other. No object can exist without the observer to define it. René Descartes, the famous philosopher, said "I think, therefore I am" He was defining the recognition of the ego self. It perfectly describes the formation of ego and the separation from the universal mind to the individual mind. As you grow, the sense of your individual self is formed by accepting the belief that you are separate and unique. This is the natural process of becoming your new individual personality. That quote also describes the subject and object duality that the ego mind uses to define itself and the rest of the world. Behind the thought of any subject and object is the awareness that knows the unity before the separation. In other words, the thinker and the thought were one before the thought was created.

In quantum physics they have discovered that the observer is just as responsible for the definition of matter as the energy waves themselves. The play of energy shifts constantly between the observer and the observed. What may appear to be true now will be different as your perception of it changes. As awareness grows you can see how the interplay of the different levels of consciousness work together to form the whole. Collective and individual beliefs make the world appear to be unchanged. For example, a rock is always a rock because it has been given that name for millions of years. Each generation teach the same thing to their children. A rock will always be a rock until you realize that it is also a vibration of energy that your senses perceive as a rock. This change of perception gains awareness of the transitory nature of matter.

This process is true in the world of beliefs as well. Beliefs are thoughts that are supported by individual and collective understandings. Beliefs are passed down by each generation as the basis of understanding how the world works. The Book of Genesis in the Bible about the creation of the world is an example of how those stories have become widely held beliefs by many people as to how God created the world. Your beliefs have come from your family, your education and religion. As you grow you can begin to question those beliefs and how they govern your understanding of yourself

and the nature of the world around you. To question a belief, the first word is; Why? Inquiry makes the mind look outside of itself to bring new knowledge into your awareness. Your reality can change as you discover new ways of understanding. Your perception is multi-layered. There is the basic sensory perception through sight, sound and touch. Then the mind takes over and produces thoughts about the event. Layered in the thoughts are your beliefs about the event and they are the primary reaction the event. With increased awareness you can see the chain of thoughts from the event to your reaction and the beliefs behind the reaction.

Asking questions is your directed thought; they are that part of your consciousness that is connected to intuition. Questions come from the mind as natural responses to any situation the mind has not yet understood. Questions are able to solve problems because when the mind is unable to provide an answer from memory, it has to go to intuition for the explanation. Each time you put a thought into a question, you will notice a gap between thoughts. Stillness envelops the mind as intuition goes in search of an answer to your inquiry. Questions and answers are building blocks of understanding. Thomas Edison, the great inventor, would form questions in his mind and then go into a trance like state and wait for the answers to come to him. He knew that the creative energy was already there, all he had to do was ask the right questions and wait for universal intelligence to provide the answers.

Eventually all questions lead you back to the source of life, the unified energy field. When you can question your beliefs, it is a process of opening to awareness of the source of life. This space is the knowing space. It is where you can experience the joy of life. Awareness is the being behind all life. Like a blooming flower, you open to awareness. The more you can experience the stillness between thoughts and the gap between questions and answers, the more you can find unity in life with other people, places and things.

In unity awareness there is the experience of seeing it all as the world unfolds perfect in its own way. No judgments or attachments can cloud your view; all you can do is be in awe of the magnificence of all creation. The journey to self awareness may look like many different paths because of beliefs in many different cultures. Ultimately they all lead to the same place. Start your journey by asking simple questions. There is no reason to live in delusion, and only when you can begin to question and understand your thoughts can you break free from them.