

Some of the Characteristics of Consciousness

Consciousness Creates

There is a state (“place”) sometimes referred to as the “stillpoint center” which is experienced as pure Being. This state is preconscious, nameless, silent and formless. Our consciousness arises from this state.

All that is—including *consciousness and the reality consciousness creates*—arises from this nameless place where we may abide but which we cannot define.

Our consciousness is creating *continuously*. Our consciousness creates forms, or realities, by making distinctions.

Here’s what Spencer-Brown wrote in *Laws of Form*: “A universe [reality] comes into being when space is severed . . . ” (p. xxix). That is, form or reality comes into being when a distinction is made. There is an inevitability about this because the “conception of form lies in the [human] desire to distinguish. Granted this desire, we cannot escape form, although we may see it in any way we please” (p.69).

We humans create our reality *by virtue of being conscious* and, most important, we can *choose* how to interpret and *use* the realities (visions of our world) we create.

The continuous stream of thoughts produced by our consciousness cannot be shut off—that is, cannot be stopped while at the same time maintaining ordinary consciousness—but it may be experienced as “background noise” and allowed to return to the universe while the one simply observes its flow *without attachment*. This may be done through meditation.

Because thoughts are the “seeds” of our creating, we would do well to avoid maintaining and nourishing thoughts we do not wish to manifest.

Consciousness Expands and Comprehends

The first distinction created a trinity, which can be represented by a sphere: There is that which is wholly contained within the sphere (“inside”), that which is wholly excluded from the sphere (“outside”), and the seamless boundary between inner and outer.

Use this model to imagine your consciousness as an expanding sphere, not unlike our expanding universe. Your consciousness emerges from the stillpoint center of your being and expands to comprehend the “outside,” incorporating it into the “inside.” Thus the inner universe reflects the outer universe, the Holocosm.

The “rate” your consciousness expands is a function of consent (“free will”). As we consent to cooperate with the Source of our expanding consciousness-universe, life is experienced quite differently than when we “fight the flow.”

Consciousness is Fertile

When expanding consciousness-universes meet, the intersection created is fertile with possibilities. Two or more gathered together may create something new and unique by

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virtue of their meeting and mutually agreeing. Thus communities of common intention may be created, with each consciousness-universe incorporating something of the other. If humans create reality by virtue of *being* conscious and can *choose how* to interpret and use reality, collectively humankind can create a dramatically different and better Earth than the one we are now experiencing.

Thus I am hopeful.