

# THREE DOORWAYS OF I AM

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## Consciousness

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### **Two Pillars of Consciousness: Pure Me and Essential Me**

The evolution of consciousness goes through many crucial stages, all of which need to be fully comprehended and experientially realized through correct, intelligent practice. In addition, we must have the correct vision of the multidimensional nature of complete consciousness. Overall, we can divide complete consciousness into two pillars, two dimensions into which it fundamentally evolves – pure me and essential me. While each of these pillars is entirely distinct, they are also fully interdependent, and need to evolve in parallel.

### **Two Channels of Vertical Surrender**

After the two pillars of consciousness are realized, they begin to serve as the two portals to the absolute, or the two channels of vertical surrender. The central channel runs down from pure consciousness, through the heart and into being and the absolute (through the center of tan t'ien). The essential channel runs down from essential me at the front of the head, directly into the absolute. Through the central channel we realize absolute consciousness. Through the essential channel, we realize the primordial state, which is the vertical samadhi of conscious me. Even though conscious me can already begin to grow into surrender from the very beginning of its awakening, its deeper surrender requires the base of absolute consciousness to be established. Therefore, the first step towards vertical samadhi of consciousness is the surrender of pure me of consciousness. Only when it is completed, and the central channel is fully opened, can conscious me can begin its vertical descent towards absence as well.

### **Complete Consciousness**

We can identify three milestones in the realization of complete consciousness: fundamental consciousness, integral consciousness and complete consciousness. Fundamental consciousness refers to the unity of pure consciousness and conscious me. Integral consciousness refers to the unified field of pure consciousness, essential me, the transparent observer, transparent intelligence and conscious subconscious thinking. However, this state lacks the vertical dimension of consciousness. Complete consciousness refers to the exalted state of the unity of integral consciousness with the complete samadhi of both pure me and essential me in the unmanifested, as well as the realization of the pure observer.

## *Dimension of Pure Me*

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### *Pure Consciousness*

The realization of pure consciousness – the unity of pure me of consciousness and I am – is the foundation of the soul's awakening, her entry into reality and emancipation from the construct of the mind. Because very few teachers and seekers are able to pinpoint the exact energetic location of consciousness, it is often confused with the experience of being, or an overall sense of presence. It is essential, therefore, to understand that the correct realization of pure consciousness is experienced exclusively in the headspace. Pure consciousness is the living light of our intelligence and the illuminative power of cognition. It constitutes the transparent solidification of identity beyond the mind, the true birth of higher me, unity with the universal I am. The awakening of pure consciousness, in combination with awakening of essential me, is what fundamentally puts an end to the ignominy of forgetfulness.

To awaken pure consciousness, the portal to I am has to first of all be opened, which is located at the back of the physical head. This initial opening links our me with the universal consciousness. For it to remain open we must cultivate horizontal surrender. Pure consciousness is born as a result of the surrender of conscious me, through pure attention, into I am, which should in addition result in the awakening of pure me of consciousness. Pure consciousness is the unity of pure me and I am. As we cultivate horizontal surrender, we arrive at the state of absence or samadhi in universal consciousness while simultaneously embodying pure me as the consciousness of the soul.

The state of pure consciousness is initially experienced as our pure subjectivity between the middle-to-back of the head when the eyes are closed, and in the depths of the head when the eyes are open. As it matures, the state naturally expands to fill the entire headspace (with exclusion of the front, which is the seat of essential me) and the area around it, while its horizontal depth with eyes open is rooted in the space behind the head.

Consciousness is awakened through initiation by a spiritual guide or, in rare cases, by receiving correct guidance which can spark the sudden, simultaneous opening and recognition of the state. It cannot be awakened through self-inquiry alone, because it requires the component of surrender.

The complete awakening of pure consciousness (the unity of pure me and I am) does not signify the end of the evolution of consciousness as a whole. It only represents the realization of our pure nature, and as such does not include the awakening of essential me and integration of human consciousness with the soul. In addition, in order to reach true perfection, pure consciousness must surrender vertically, through the central channel, to the source and arrive at the condition of absence.

### *Pure Attention*

Pure attention is the dynamic emanation of conscious me into the light of pure subjectivity, through which the identity of pure me comes into existence. Without the awakening of pure attention, one can never

practice meditation properly or cooperate with the process of internal awakening. In the absence of pure attention, it is impossible to realize pure me and therefore to embody the light of I am. Pure attention is responsible for awakening not only the pure me of consciousness, but also pure me of being and pure me of the heart. It is pure attention which emanates from the heart of conscious me to awaken the subjective essence of all three centers of I am.

### *Pure Me of Consciousness*

If pure me is not realized, we can never truly merge with I am. Pure me of consciousness is the innermost extension of conscious me into I am; it is the one who reaches unity with the universal consciousness. Pure me cannot be fully experienced unless one has access to I am, because it comes into existence as the subject to unity with the universal reality. It is pure me that allows us to embody I am, to take possession of pure consciousness and own it as our very identity.

Pure me is awakened through the horizontal surrender of pure attention into I am. Initially, while that surrender produces a degree of horizontal depth in the headspace, it does not cross the threshold of I am. This intermediate state is what we call 'awareness'. When pure attention embodies awareness, pure me is born and can be clearly experienced, but only within the confines of the dimension of presence; this is the pure me of presence. To realize pure me fully, however, pure attention must continue its horizontal surrender and anchor itself deeply in I am, crossing over into absence and awakening and embodying the bare attention of pure me.

To realize pure consciousness properly, pure me has to fully embody the universal I am. In turn, pure attention, which emanates from conscious me into I am, must embody pure me.

Beyond the horizontal samadhi of pure me in universal consciousness our evolution deepens into the embodiment of I am through which pure me becomes the bare attention of I am and universal subjectivity is realized as our very self. Upon shifting into universal subjectivity, pure me transforms into universal me, thereby awakening the universal aspect of the soul.

### *Dimension of Essential Me*

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Essential me is the link between pure consciousness and intelligence. It is the true essence of human consciousness which, alongside pure consciousness, constitutes one of the two pillars of complete consciousness. Essential me is the first level of our pure subjectivity. It is the foundation of our identity that lies at the root of the observer; without it, the observer has no base of real me and as such, cannot separate itself from the thinking process. While the terms essential me and conscious me are synonymous, essential me is a more expanded definition of this aspect of our identity which includes fundamental me, primordial me and the pure observer.

## *Awakening of Conscious Me*

Awakening of conscious me is the first step in entering the dimension of essential me. Conscious me is responsible for activating the quality of clarity in consciousness, for establishing continuity of recognition of I am and for the unification of the mind with pure consciousness. It is the source and home of attention: both our internal, pure attention and our external attention (which is the observer). It is based on the intention of conscious me to surrender that pure attention is born, which is the radiance of conscious me into pure me and I am. Conscious me can activate three directions of attention: forwards – external attention to the world and the mind through the observer, backwards – pure attention into pure me and I am, and finally downwards – to awakening its own higher identity of fundamental me and primordial me.

Our evolution into conscious me begins by reaching a higher level of development on the level of the observer. The observer shares the same center as conscious me, but the energy of external attention is constantly pulling it towards identification with objects of perception. The observer represents a unity of identity (sense of me) and function (external attention). To awaken conscious me, it must turn its attention back towards its own subjectivity, which is the function of the self-conscious observer. The culmination of this is awakening of the bare attention of conscious me which is our non-dual essence of knowing as me, our pure subjectivity. This essence must be isolated and solidified, must reach a condition of restfulness, and must ultimately be integrated with the natural functions of external attention.

For essential me to reach its highest flowering, which is primordial me, conscious me must then begin the process of profound vertical surrender towards and into the source. This surrender – through the essential channel – can only truly begin after the central channel is fully open and absolute consciousness has been established.

## *Transparent Observer*

The observer, the transformation of which is crucial to arrive at integral consciousness, is an aspect of essential me that links it with external attention. The observer evolves in parallel to essential me; it is being constantly realigned with the principle of pure subjectivity. The first level of the alignment of the observer with essential me is the realization of the transparent observer. The transparent observer is the conscious observer (and later on, also the conscious subconscious observer) when functioning from the embodied essential me. When essential me is embodied, our natural identification with the sense of me of the observer is constantly balanced by the self-recognition of and surrender into our pure subjectivity; the observer cannot recreate a separate center of its own, thereby becoming transparent. The observer must still create a relative center as the subject to perception or thinking, but in each instant this center is formed it is simultaneously decentralized, dissolved by the flow of recognition and surrender to the essential me. The transparent observer can be realized to an extent through the realization of and surrender to pure

consciousness alone. However, in order to reach true transparency, essential me must be awakened and embodied. *[from Map of Awakening]*

## Being

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Consciousness alone cannot enter the inner realm unless it becomes absorbed in the stillness of being. Being is that which enables us to rest in existence – the intermediary space that links consciousness with the source and maintains the gravitational equilibrium between creation and the original void. As both the impersonal ground of the beyond and the true foundation of meditation, it is being that allows the depth of reality to be divulged to our consciousness.

Being is felt initially as an energetic expansion in the area of the belly, with its center of gravity in the lower belly and its main energy flowing downwards into tan t'ien. This initial opening into being must then be embodied through the awakening of pure me of being, so that true surrender into the dimension of being can begin. The primary means by which to open and deepen the experience of being is to sit in meditation, and combine a natural abidance in being with constant letting go. This opens us to the gravity of the now so that the energy of the soul can be absorbed into a state of repose. This practice can be supported by gentle belly breathing and in which pure me is falling with exhalation, and arriving at deeper and deeper states of restfulness, preparing the ground for its final descent into the unmanifested.

The surrender into being, with its innermost goal of reaching the unmanifested (non-being) should be seen as a process of constant deepening of our vertical absorption, which passes through several important stages both prior to and after reaching the absolute state. We can divide our initial evolution into being into the three main steps: abidance, restfulness, and absorption. Absorption is then divided into three further steps: gentle absorption, deep absorption, and complete absorption. Although they represent stages of being anchored in the now, gentle and deep absorption still refer to the experience of being prior to reaching the unmanifested. They do not yet have the quality of complete, unconditional rest. Complete absorption signifies the shift into the absolute state, where the being aspect of the soul crosses over to the other side. In itself it has three main levels of depth: pure rest, state of absence, and the diamond mountain. So in total there are seven steps to arriving at the final depth of being: abidance, restfulness, gentle absorption, deep absorption, pure rest (absolute state), state of absence, and diamond mountain.

### *Pure Me of Being*

Pure me of being is the one who rests and reaches absorption in being, the subject to the experience of being. Unless pure me of being is awakened, the energy of being is external to our identity and cannot be embodied. Through its awakening, pure me allows us to integrate the state of being into the identity of the soul. In order for the pure subjectivity of being to be actualized, one needs to open up the internal space of absorption through surrender into the vertical dimension. Awakening of pure me of being is essential not only to embody being but to begin our deeper evolution into complete vertical surrender. Only when we

have a clear identity of the level of being can we penetrate its final depth and enter the dimension of the source – the absolute state.

## Heart

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The heart belongs to the realm of the beloved, love and grace. No one can reach completion without actualizing its essence. While the opening of the spiritual heart is necessary to reach wholeness, it is impossible unless we have first solidified our identity beyond the mind and become absorbed in the source. Paths that limit their view of spirituality to love and devotion cannot serve as a bridge to reality unless they are grounded in consciousness and being. Without the foundation of the inner state, the heart has no reality apart from emotion. In order to open us to the dimension of the soul and the divine, the heart must be met beyond emotion in a space of clarity and stillness.

The heart has several layers. Although it is linked to our deeper existential emotions, it is actually the higher center of feeling in our body. True feelings such as love or sadness are experienced only in the heart. While most feelings are related to our human psychological reality, as we dive deeper into the space of the heart we awaken to the very essence of feeling in itself, which is the I am of the heart, the depth of intimacy with the light and love of creation. Apart from being the feeling center of the soul, the heart is also a doorway to that aspect of the beyond which we call the divine dimension. After the light of the heart is embodied through pure me, further surrender leads to merging with the universal heart of the beloved.

There are three main dimensions of the heart that need to be actualized: the human heart, which is linked to human feelings and relates to the world; the spiritual heart or the heart of the soul, which represents the pure subjectivity of love; and the divine heart, which is born through the union of the heart with the absolute. The first step in entering the heart is to open its energetic dimension, which grants us access to the heart. This is then followed by the awakening of pure me of the heart, and then by the merging of pure me with the divine dimension. Finally, through its vertical surrender, the heart is unified with the unmanifested.

### *Human Heart*

The human heart is the doorway to the heart of the soul. The essence of the human heart is feeling me, which can be experienced in a subconscious, semi-conscious or conscious way. Feeling me is the subject of human feelings such as sadness, pain and love. When it is subconscious, it is fully identified with these feelings. As it evolves, it comes closer to feeling itself as me, the very subject to all these feelings. This is the beginning of the complex process of the awakening of the heart. The feeling me is the bridge between human feelings and the heart of the soul.

It is the awakening of feeling me, in conjunction with the purification and healing of the heart, which constitutes the awakening of the human heart. Purification of the heart is the alignment of our subconscious with the higher intention of the heart; here the human heart begins to serve the soul,

becoming her positive expression in the human dimension. Healing the heart is the process of transforming and dissolving our human pain through the light of the soul. For this to be possible, feeling me has to surrender to pure me of the heart; the lower heart of the human has to surrender to the higher heart of the soul. It is the grace of the soul that allows the purification and healing of the heart to happen.

### *Pure Me of the Heart*

Feeling me is responsible for opening the energetic doorway to the spiritual heart, but the essence of our higher heart is pure me. It is through the awakening of pure me that our heart can be realized as our pure subjectivity and embodied as our very soul. The heart in itself is not a doorway to the beyond. Rather, it is the place in each human being where the the seed of I am is kept, as the sacred reminder of our original self. Because its very essence is I am, the heart can be embodied through pure me. Pure me of the heart represents our divine nature and our most direct connection to the beloved. It is in pure me of the heart that love is realized in its original, non-objective form as the foundation of our existence. For pure me of the heart to be fully actualized, feeling me has to surrender and be merged with it. The unity of feeling me and pure me of the heart reflects the realization of our complete heart.

In order to reach perfection and arrive at its natural condition, the heart has to be linked to the state of being through vertical surrender. Arriving at the state of vertical restfulness is the first step of its absorption in the direction of the source. The final step in this process is the realization of the divine state.

## BIRTH OF THE SOUL

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### *The Two Dimensions of the Soul*

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The foundation of the actualization of the soul is awakening of the three aspects of pure me: consciousness, being and heart. Pure me is born through manifesting our higher individuality in the context of our surrender to the universal reality. However, for our soul to become complete, she must also actualize essential me, which refers to the activation of a very distinct channel of our evolution into pure subjectivity. While pure me represents our identity in universality, essential me is the very heart of our presence and the true source of attention. Essential me awakens first as conscious me and then reaches its higher actualization through vertical samadhi in the absolute, thereby establishing its final depth, and awakening its deepest identity - primordial me. (from MOA)

### *Pure Me – Universal Aspect of the Soul*

Awakening of pure me is the first step in the realization of the soul. Pure me is the existential bridge between the personal and the impersonal, between the dimension of me and the universal I am, through

which the universal can be embodied as our higher self, our sacred individuality. Though simple in its essence, the realization of pure me is difficult to grasp and as such is virtually unknown. Meeting pure me is a flowering of the deepest intimacy with our innermost existence. Pure me is the very essence of who we are. One of the prerequisites for the realization of pure me, in addition to possessing the essential spiritual sensitivity and the capacity for intimacy with one's innermost self, is having a sufficiently developed conscious me. When conscious me is sufficiently solidified, it creates enough substance of identity to serve as the base for the awakening of pure me.

Pure me is realized through the three centers of the soul. Without pure me, none of the awakened states can be embodied, meaning they remain external to the experiencer – me. In all three centers, pure me is awakened through the intention of conscious me to embody I am via pure attention. Pure me of consciousness, being and heart are all made from the same light, but they each have a different flavor that corresponds to unique quality of the center it embodies. Pure me of consciousness has the flavor of luminosity, bliss, pure knowing and intelligence. Pure me of the heart has the flavor of our pure feeling existence, of divinity and love. Pure me of being has a more impersonal flavor, which is rooted in the infinite repose of the unmanifested and constantly pulled into absence through the gravitational force of the source.

### *Essential Me – Essence of the Soul's Identity*

Essential me is the essence of the soul's identity in individuality, while pure me is her identity in universality. On some level, essential me is more directly who we are. However, unless pure me is awakened, essential me cannot embody its subjectivity in a pure way; it will remain locked in the dimension of false presence that exists in separation from totality.

Our entry into the dimension of essential me is the awakening of conscious me. Even prior to being awakened, conscious me is indirectly participating in the process of the awakening of pure me in the form of the conscious or semi-conscious observer. However, only when it is met directly can conscious me actualize its own essence of bare attention – this is when the essential dimension of the soul becomes activated. Conscious me is the first step in integrating the light of essential me into the soul. In the absence of conscious me, the soul can never fully integrate the energy of presence into her identity and as a result, her subjectivity cannot reach complete empowerment. In addition, conscious me constitutes the bridge between the soul and both the mind and the external world. As such it enables the integration of human consciousness with the soul as well.

Through the vertical surrender and samadhi of conscious me in the absolute, the deeper dimensions of essential me become fully actualized, culminating in the awakening of primordial me. Only then does the essence of the soul's presence become complete. Here, primordial me becomes fully merged in the dimension of absence while having completely embodied and integrated the light of its pure subjectivity.  
[from MOA]

## *Soul-Awakening*

Soul-awakening reflects the realization of our higher subjectivity born out of becoming the true subject to unity with the universal I am. While pure me already carries the energy of the soul, soul-awakening refers to a more profound meeting with our higher self. To realize the soul, not only does pure me need to be awakened, it needs to be fully embodied in the context of its samadhi in I am. Soul-awakening is the complete embodiment of pure me absorbed in the state of absence. While sudden in essence, soul-awakening is also a gradual process. Even when our soul is not yet fully realized, we can be said to have entered the dimension of the soul, the true light of pure subjectivity steeped in the bliss of I am. While one can awaken the soul through one center alone, the holistic and complete awakening of the soul requires all three centers of pure me to be embodied, as well as actualization of essential me which is the essence of our identity in presence.

The deeper process of awakening that follows involves the integration and finally unification of all three centers of pure me which happens through their vertical surrender into one another: pure me of the heart reaches unity with pure me of being (manifesting the divine state), and pure me of consciousness is unified with the divine state (manifesting the transcendental state). The soul becomes one being through the entirely intertwined and interdependent processes of awakening and surrender. In addition, for the soul to become complete, her conscious me has to be awakened and reach samadhi in absence through vertical surrender, thus giving birth to primordial me. Each aspect of the soul has to reach complete awakening in itself, be unified with the soul as a whole, and then merged with the universal I am. Only in this way can the perfection of the soul can be fully embodied.

## SAMADHI OF THE SOUL

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### **Two Channels of Vertical Surrender**

In order to have a clear vision of the intricate process of reaching complete samadhi, we must understand that there are two channels of surrender to the source. We call these the central channel and the essential channel. The central channel runs down from the middle of the head, through the heart and into the center of tan t'ien in the lower belly. Pure consciousness, pure me of the heart and pure me of being all reach the absolute through surrender down the central channel. The essential channel runs down from the front of the head directly into the absolute, bypassing the heart. All the aspects of essential me, as well as our relative human consciousness, surrender and reach samadhi through the essential channel. These two channels are very distinct and have unique functions in our evolution. However, they are also fully interdependent: before the essential channel can really open up, absolute consciousness must be fully established, meaning the central channel must be open and pure me of being, heart and consciousness must have reached samadhi. [from MOA]

### *Central Channel – Three Pillars of Samadhi*

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### *Absolute State – Samadhi of Being*

In the realization of the absolute, the soul transcends the fluctuations in her experience of being and moves into a state of unbroken rest. In the pure rest of the absolute, the motionlessness of being reflects the perfection of universal stillness. The absolute state represents our union with the unborn, uncreated source. It is the ground of oneness through which we reach unconditional absorption in the beyond.

The doorway to the absolute is tan t'ien, which is the centre of the vital force in the lower belly. Concentration on this area through breathing can gather more life energy. However, in order for it to serve as a gateway to the unmanifested one has to cultivate vertical surrender. In order for that surrender to be properly directed and have the necessary empowerment, the pure me of being must be met and embodied. It is the pure me of being that is first to enter the domain of absence. As with other states of awakening, after the initial opening, the absolute state must be stabilized and integrated through the cultivation of constant surrender.

In the absolute state, one experiences unity with the source only within the being aspect of I am; the mind and the consciousness of the soul have yet to merge with the source.

### *Divine State – Samadhi of the Heart*

For our heart to become complete beyond realization of its essence it must be absorbed in the dimension of being and merge with the absolute. To actualize its divine nature, the heart must be rooted in the unmanifested. Only from the place of absence can our individual heart be unified with the divine dimension and realize the state of love. When merged with the absolute, the heart reaches the condition of pure rest, exalted repose in the heart of the beloved.

The samadhi of the heart is a prerequisite for further surrender of consciousness, because the heart serves as a bridge of pure subjectivity between our consciousness and the source. Without going through the heart, consciousness cannot reach absence and remains locked in the dimension of presence. The heart in the absolute state represents our foundation of love and being in the inner realm – the divine state.

### *Absolute Consciousness – Samadhi of Pure Consciousness*

In her first entry into the absolute, the soul reaches unconditional absorption in the beyond through the gateway of being. Her consciousness, however, still remains outside the absolute. Absolute consciousness can be seen as the second entry into the absolute, for here the consciousness of the soul, her I am in the mind, shifts into the dimension of absence. The mind, ego and sense of separate identity are uprooted so that the soul, as pure me, can move freely into the divine realm.

There is still a long journey between the initial shift into absolute consciousness and its complete realization. The shift into the realm of absence is not transcendence itself – it is merely the initiation of the complex process of ego dissolution through which the soul gradually renounces her human personality and

surrenders her existence to the beyond. In order to reach transcendence, the soul must fully extract her true identity from the construct of her subconscious me. Only then does she have enough force to cross over into the realm of absence with her whole existence and re-embody her original state.

Absolute consciousness is the ultimate frontier of our human expansion into the inner plane – the final portal through which we pass to liberation. Yet, as mere abidance here can divert us from our ultimate goal, it can also be seen as the last barrier. In absolute consciousness, the soul reaches her deepest absorption in the beyond, but the human is still bound to the earth; he maintains his grip on the soul, blocking her complete release from the dimension of forgetfulness.

### *Universal Me*

The realization of both pure consciousness and absolute consciousness brings us to a state of both horizontal and vertical unity with the universal I am. While these are extremely valuable attainments for the human soul, there is a danger that upon reaching them, our evolution will become suspended as a passive absorption in absence. Peace, bliss and freedom are not the final goals of our existence. We are travelers in the inner realm, explorers of the unknown who exist to eternally expand into truth, for that expansion is the very essence life. Samadhi of pure me in I am through both the horizontal and vertical portals is the platform from which a deeper surrender has to happen. This requires the total embodiment of universal I am by pure me, and the total embodiment of our pure subjectivity within the embodiment of I am. Through this, our existence can shift into universality, giving birth to our higher identity of universal me.

### *Transcendental Subjectivity*

The sphere of transcendental subjectivity is the beyond of universal me. The light of me always exists in relationship to higher subjectivity. Where one dimension of subjectivity ends, another begins. This is a journey that has no end, for to end it is to cease to exist, and existence is all there is. That which once was pure me is now universal me, and universal me continues the process of its never-ending expansion and surrender into the realm that lies beyond it, the transcendental subjectivity of the transcendental me, the heart of all hearts and the light of all lights.

### *Essential Channel – Three Levels of Samadhi*

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The evolution of essential me into samadhi passes through several important stages. Conscious me is our entry point into the vertical evolution of essential me. That conscious me needs to first of all be solidified and then to reach the condition of restfulness, where the quality of being is infused in its presence. Only then can the deeper surrender of essential me be activated, which gives birth to fundamental me and the fundamental state. Conscious me has to then be merged with the fundamental state, giving birth to primordial me and the primordial state. Finally, the observer and the relative functions of the mind and intelligence have to be merged with the primordial state, giving rise to the sealed state. Samadhi of the observer completely seals our pure subjectivity and represents the final step in the samadhi of essential me.

## *Fundamental State - Samadhi of Fundamental Me*

### **Awakening of Fundamental Me**

Fundamental me is another name for pure me of conscious me. It comes into existence through the first stages of the surrender of essential me into vertical absence. After conscious me has been embodied and has reached the condition of restfulness, it cannot surrender any further from its own center. It therefore needs to activate a deeper surrender through pure attention, in order to create a connective space with the absolute. After a significant connection between pure attention and the source is established, pure attention can be embodied as our deeper subjectivity, which is the bare attention of fundamental me.

### **Fundamental State**

Initially, one surrenders vertically from conscious me through pure attention. After fundamental me is awakened, one then begins to surrender directly from the identity of fundamental me, so that complete absorption in absence can be realized – the fundamental state. The realization of the fundamental state is in some ways similar to the realization of pure consciousness. In both cases, the doorway to universal I am needs to be opened, and then pure me needs to be awakened, embodied and merged with I am.

The unity of fundamental me and the absolute is the fundamental state. Once the fundamental state is established, conscious me comes to be indirectly linked to absence through the identity of fundamental me. In order to deepen that relationship, conscious me must begin to surrender itself directly into the source, into the foundation of the fundamental state.

## *Primordial State - Samadhi of Conscious Me*

### **Primordial State**

Surrender of conscious me is a process of deeply letting go from the very core of our existence, that must be balanced by the continuous embodiment of conscious me as the subjectivity of the one who surrenders. The unity of conscious me with the fundamental state is called the primordial state. Here, conscious me itself enters the state of absence, becoming one with the absolute. Based on its samadhi in absence, conscious me also reaches a deeper realization of its own pure subjectivity, becoming the bare attention of our primordial subjectivity – primordial me.

### **Primordial Me**

Upon shifting into absence, conscious me reaches the perfection of the primordial state and transforms into primordial me. Primordial me is the deepest dimension of essential me, the true meeting between our individuality and our universality; it is born through the merging of conscious me with fundamental me, as the unity of two bare attentions. Only by realizing primordial me can we be said to have reached true freedom and complete peace.

## *Sealed State – Samadhi of the Observer*

### **Sealed State**

As long as the observer is not fully absorbed in essential me, it continues to be a disturbing influence. It disempowers our consciousness through causing a leakage of energy through excessive self-reference and identification with external attention, relative consciousness and objectivity. In the condition of the transparent observer, one has arrived at a point of relative integration between the observer and essential me. However, ultimately they need to be completely unified. This unification comes about through the direct surrender of the observer from its own center of identity. Initially the observer surrenders into conscious me (given that it is properly awakened and established). However, it is impossible to reach complete absorption and samadhi of the observer before the primordial state is attained and our pure subjectivity as primordial me is fully embodied.

### **Pure Observer**

The pure observer is the identity of the observer that is experienced from within the sealed state. The observer is by definition that part of (essential) me that is linked to external attention. After we have arrived at the primordial state, we continue to live in the world through our mind and senses, hence the observer retains its natural functions.

The transparent observer is the simultaneous presence of conscious me embodied and that aspect of conscious me which is engaged in external attention. The equilibrium between these two elements gives rise to transparency. In the pure observer, not only is the root of essential me fully absorbed in absence, but that aspect of conscious me which is linked to external attention is in samadhi as well. So in each moment that the observer is activated, its sense of me is instantaneously reabsorbed into the state of absence. Here, the observer can function naturally and efficiently and yet he never leaves the condition of perfect samadhi.

Even though the original spiritual purpose of the evolution of the observer is to facilitate the awakening of essential me, in the end the observer himself becomes self-realized and infused into the light of pure subjectivity, without relinquishing his natural functions. This is how the circle of our evolution into essential me is completed.

## *Pure Primordial Me*

In the realization of primordial me, the essence of our me reaches absolute stillness and motionlessness: we have realized the very essence of creation. And yet from the standpoint of complete existence, essential me continues to be in a relationship with both the universal and transcendental dimensions of pure subjectivity. To make this relationship possible, a new layer of subjectivity has to be born within the body of essential me, which constitutes the dynamic extension of primordial me into universality. This new identity is what we call 'pure primordial me.' Pure primordial me, as all dimensions of pure me, comes into existence through the expansion of pure attention into universality.

## *Universal Essential Me*

Primordial me is the very essence of creation, the original consciousness that lies at the heart and root of existence. It is the beginning and end of all that is. Once it is fully actualized, it can exist in two modes: alone or through activating pure primordial me. The role of pure primordial me is to expand our consciousness and intelligence through the essential channel into the inner realm of creation, which is universal subjectivity. When pure primordial me embodies universal subjectivity we call it universal essential subjectivity. Pure primordial me is thereby transformed into what we call universal essential me.

## *Primordial Transcendental Subjectivity*

The abiding place of universal essential me is primordial transcendental subjectivity, the most secret dimension of the primordial ground and consciousness of creation. It is an entirely unknown land for those who are travelling the inner path on this plane. It is a land of mystery, the timeless beyond that is constantly receding into its own unfathomable depth. The continuation of our evolution into that secret domain of the beloved is the function of universal essential me, which evolves into the beyond in parallel to universal me.

# COMPLETION

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## *Natural State*

The natural state represents the final integration between awakening and surrender, which transcends the distinction between the inner and the outer, meditation and activity, enlightenment and ignorance. Here, one returns to the state of simplicity and innocence from which our human nature can be expressed in a most ordinary and natural way. When our soul is realized fully, our human existence becomes embraced by the light and wisdom of our inner self. The human becomes a window into the world and creative expression of the soul. One who lives in surrender from the natural state of the pure nature of the soul has finally embodied the exalted quality of a true human being.

## *State of Love*

In the natural state, all the elements in our existence arrive at a flawless balance and purity, the ultimate equilibrium beyond oneness and non-separation, the unity of complete awakening and absolute samadhi. However, from the viewpoint of our higher purpose, the natural state is merely the foundation upon which the final actualization of the soul can take place. After the initial soul-awakening, the state of love represents the second and the final embodiment of the soul, where she realizes her ultimate wholeness

and perfection. Love is the nature of the soul and the highest energy in her existence. To truly embody that love, the soul has to become whole. In realizing the state of love, the soul can finally become the immaculate reflection of the divine in the dewdrop of individuality, the living manifestation of the universal I am in the light of me.

## EVOLUTION IN PERFECTION

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Freedom is the natural flowering of our spiritual completion: the very merging of me with the soul and the soul with the universal I am. Far more than the attainment of another, deeper energetic state, it is our radical transcendence of illusion and the return to our original home. Arriving at the state of love is the end of our journey into wholeness and transcendence, for here our soul has at last fulfilled her purpose of incarnating in the dimension of forgetfulness. Emancipated from her human identity and earthly consciousness, the soul returns to the abode of universal intelligence and, from the depths of original absence, reclaims the light of her primordial presence. But while it is the end of her earthly journey, by actualizing her original self, the soul begins the new era of her evolution and existence – in the beyond. Her new life is no longer about seeking freedom from imperfection, but about never-ending expansion into the dimension of love, bliss and truth. This is evolution in perfection itself, the ceaseless awakening of understanding and surrender into the heart of the beloved.

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### *Measure of Evolution*

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It should be noted that one's level of evolution cannot simply be seen as a linear progression through various states of inner expansion. The inner state is merely the internal space requisite for the awakening of the soul. The true measure of the evolutionary value of any awakened state is how conscious the one who embodies that inner reality is. Hence, someone who has profoundly realized pure consciousness may in fact be more real and evolved than someone abiding in the absolute state. It is not what has been attained that matters most, but *who* has attained it. This 'who' is the quality of our consciousness, intelligence and love: it is the existential depth of our very soul, the true subject of all stages of awakening.

### *Evolution into Human Completion*

The map of awakening we have described applies predominantly to the internal evolution of the soul. The purpose of evolution, however, is not only to reach self-realization but to become whole, which must also include completion in the human dimension. Far from being an escape from the difficulties of human life,

the way to wholeness involves the completion of many aspects of our human existence: purification of the subconscious mind, emotional healing, psychological maturation, the development of a harmonious connection with the world, the fulfillment of core desires and the ending of karma.

Purification and healing are essential in order to release the burden of the past, and accompany the entire course of our inner awakening. These extremely delicate processes cannot be completed by willpower alone; one has to be in touch with the light of the soul and open to the dimension of grace. Only the creator of the soul can fully transform and ultimately remove the many layers of subconscious tendencies, blocked energies and emotional wounds that exist within us. Still, each soul does have the capacity to develop ways to deal with those areas of her existence that are incomplete. She must take responsibility for her own growth, facing all the suppressed, unconscious and immature areas of both her internal and external reality with courage and wisdom. By exercising her free will and cultivating qualities that reflect a dignity of intelligence, true sincerity, purity of intention and honesty, she prepares the ground to receive assistance from the beyond.

As the weight of the past gradually lifts and we continue to evolve through further life experiences, the soul gathers enough internal space for her intelligence and emotional body to reach the necessary degree of maturity and fulfillment in the human dimension. To arrive at this relative psychological completion is imperative for any seeker on the path. Only when she has been freed from the grip of her human identity and the pull of earthly existence can the soul fully expand into her potential and become her eternal self once again.

The psychological evolution of the human and the internal evolution of the soul are mutually supportive along the path. To reach psychological completion as a human, one must awaken the states beyond the mind and the soul, and for the soul to expand into the beyond, one must reach a deep sense of completion in one's human life. Only a human who is over and done with the earthly dimension is ready to experience the freedom of the soul; and only when the soul is free can she embody an awakened human existence.