

Chapter 15. Raising Your Level of Consciousness



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RAISING YOUR LEVEL OF CONSCIOUSNESS

*What changes could you make in your life,
or the world, if you were more aware?
“We are all designed to develop through successive
stages that unfold our perception and abilities.”
– Penny Kelly, *The Evolving Human**

Raising Your Level of Consciousness

In spite of ever-increasing research into the brain, the mind, and consciousness, few people today understand consciousness or realize that what they are conscious of depends on the range of frequencies the brain operates at. These frequencies are intimately entwined with thoughts, attitudes, beliefs, emotions, actions, and reactions to others.

You can change your mind about many things, and when you do you are changing your consciousness. However, when we speak of “raising your level of consciousness” we are generally referring to an expansion of consciousness that allows you to see “the big picture” and shift your understanding of reality in a major fashion. As a result of the shift, you have access to many more ideas, attitudes, beliefs, actions, and options for reacting to others, as well as the personal power to decide where you fit in the big picture.

Raising your consciousness changes the way you see your self and the way you see the world. It raises questions that range from, “Am I sure things have to be this way?” to “Who am I... and what am I doing here?” and often, “Who, what, and where is God?”

The power of full consciousness lies latent, waiting to be developed within each of us. The truth about consciousness is that every thought creates. If you spend the majority of your time thinking negative thoughts, you will self-destruct before you ever discover the

power to create wisely and well. Thus learning to raise your level of consciousness involves learning to think in constructive patterns.

As you embark on your journey into higher consciousness, you cannot know fully what the experience will be like for you, or where it will lead you. There are many wisdom traditions around the world that have passed down information regarding what to expect, yet everyone experiences awakening in their own way.

For many people, the expansion and raising of consciousness flows from one of three directions. One is the natural growth that results from life experience and our own efforts to improve ourselves. Two, an involvement with the Earth and Mother Nature often leads to the awareness that there are deep, sacred connections between something inside of us and the life we are immersed in while out in the forest or the fields. Three, working with people in social and community settings often sets up situations that touch us to the core and bring us into full realization that there is a bond between us and all others.

We come to see that, while houses, food and transportation are important, it is love that transforms people, and we are the source of that love. When we let it flow, people blossom, hope springs forth, and a humble gratitude grows that surrounds and uplifts everyone. The result is change that benefits all.

As consciousness expands, you will discover that change is constant and can be effortless if the timing is right. It is useless to

insist that a six-month-old child learn correct penmanship, but at the age of 7, or perhaps 12, he is ready, willing, and able. The time is right. By increasing your consciousness and learning to see a broader swath of events, you can learn to see what is coming in the future by learning to see the tiny, hidden signs – some of them physical and some of them visions that occur only in the mind – that precede events.

Raising consciousness leads to a keen sensitivity to emotional nuances in yourself and others. You learn to notice and pay attention to emotional events inside yourself that clue you in to subtle knowledge about situations that many people miss. The result of overlooking this knowledge can lead to misunderstandings, poor decisions, misperceptions, and even tragedies.

One of the benefits of raising your level of consciousness is that doing so lowers your level of stress. The ability to see the big picture and not be caught in the drama of details, a better sense of timing, a growing sense of personal power along with the wisdom to use it, and an overwhelming love and compassion all combine to reduce your worry, frustration, and insecurity. The result is better health, better relationships, and greater success in every area of life.

There are many ways to nurture higher levels of consciousness. One way is to save at least one day a week to do things associated with attaining expanded consciousness. Another is learning various forms of meditation, some of which are active and involve work or tasks in the world, while others are passive and involve sitting quietly,

breathing slowly, and relaxing into complete stillness. It is also a good idea to find a group of people you can share the journey with, or take a class with a good spiritual teacher.

Whichever way is best for you, you will find that Ultimate Destiny has a huge assortment of books, coaches, webinars, teleseminars, and resources that will help you along the way, including the workbook and guide, *Raising Your Level of Consciousness*. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Raising Your Level of Consciousness

According to reading and conversing with high-consciousness, peak- performing people, I consider myself also at a high level of consciousness.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am conscious of what I am thinking, feeling and choosing almost all the time, and when I am not, I quickly realize it and move back to positive intentionality.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have passed the stage of feeling I am a victim of anyone's actions, or am held back by any circumstances of my past or present.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have exposed myself to the best literature, speakers, seminars, etc. that I can find to keep raising my consciousness, and will continue to do so.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a deep sense of the interconnectedness of all people and all things in the universe (e.g., I do not think in terms of having "enemies," even recognizing there are people who consider me such—if for no reason other than where I live).	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I regularly experience profound joy—often for no apparent reason, but just in being alive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I purposely seek out the perspective of those with whom I seem to disagree, knowing that there is probably a lot more common ground than either of us realizes.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
After pursuing dialog as far as seems profitable, I am able to accept remaining differences in viewpoint or opinion without judging the other party.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
While I may have my favorite issues, I am conscious of, and involved when I can be, in a broad range of issues that need attention for the betterment and future of humanity.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
In addition to constantly raising my own level of consciousness, I share new insights, resources, etc. with other people on a regular basis, to help them also.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.raisingconsciousnesslevels.com