

Expanding Soul Awareness and the Powers of the Conscious Mind

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PART ONE

The great Sages of old revealed to us a profound secret about the human soul. Our souls are not totally connected to, or confined to the human body. Only about “10%” of the entire soul is connected to the physical body. The other “90%” of the soul exists in a realm beyond space and time. It is only this 10% of the soul that comes into our continuum, and is born into a body of flesh and blood.

Being that the soul is not a reality structured in any form of physical matter, it is not limited to the laws of space/time. The soul, while connected to the physical body, interacts with our space/time continuum. Yet it simultaneously exists in a higher state and is thus conscious of, and interacts with that higher reality. The 10% of the soul in our physical bodies is never disconnected from its higher 90%. It is always a single composite whole. The soul is one. We however, here in this physical space/time continuum, are only aware of that portion of our soul which is here in our bodies. Essentially our focus on body consciousness blocks our awareness of soul consciousness. Our inner true beings, however, are well aware of both this reality and the higher reality that surrounds us.

Being that there are levels of reality experienced by the soul outside the norms of the physical universe, perception of these are not accessible to our physical brains, at least, not that part of it that is associated with perceiving the physical universe surrounding our bodies. This is why the human mind is split between a conscious and an unconscious. The conscious mind deals with physical reality and body consciousness. The unconscious mind deals with, what for lack of better terms, I will refer to here as metaphysical or spiritual reality. The soul exists simultaneously in both realities and is aware of both simultaneous realities. As we are essentially one with our souls, we have through the soul, access to both levels of reality through the conscious and the unconscious parts of our minds.

When it comes to communicating at the soul level, understanding how its done is essential. The soul, in one way, thinks according to the rules and ways of the physical universe, but at the same time, the soul thinks in ways completely outside of time and space and is, therefore, very hard to understand at this level. Yet, our souls are one and we are one with our souls. Therefore, when we think, we experience the language and perceptions of the soul from two diametrically opposed ways of thinking. We experience both the physical world and the metaphysical world. While we place such great emphasis on understanding

the one, we equally ignore the other. It is no wonder then that human thinking is generally flawed, and that our perceptions of reality in general are generally skewed.

Only by going inside into our own minds and making sense of what is really going on in there can we ever commune with our own souls. Yet, going into the mind, into the realms of the metaphysical and the unconscious is by definition going to be different than trying to perceive the conscious mind, rule as it is by physical reality. Not for naught is the unconscious called unconscious. We do not know what it is and we very rarely, if ever, have access to its content.

Therefore, if we really want to experience the reality of a higher world, then we have to take steps to first delve into the recesses of the unconscious and extract content from it. Yet, once we have brought unconscious content into the conscious mind for assimilation, we must know how the process and rules of understanding actually work. It is all too easy to fool oneself into believing something that is not true, especially when one is looking for verifications of any type that are subject to the rules of this continuum alone. This is why understanding the symbolic nature of dreams and visions is essential. Any dream or vision content interpreted literally is, by definition, usually wrong.

Assimilating unconscious content is not the exclusive domain of certain schools of modern psychology. Throughout the world, ancient schools of mysticism and meditation have been doing this for millennium. The Biblical prophets of ancient Israel had such a system and it served to mold their minds and enabled them to receive and understand prophecy. The techniques of this ancient Biblical school have never been lost or forgotten. This ancient path has been recorded in many forms, over many centuries. Some authors recorded these methods clandestinely, others were very clear and forthright. Now, after many centuries, with the explosion of modern educational technology, we can make accessible ancient secret teachings to masses who have never before heard of them or had access to them.

While the ancient techniques are readily available to be learned, this does not mean that there are masses ready, willing and able to use them in the right way, in order to achieve the right results. Not for naught were these ancient practices called disciplines, and today, discipline is a “bad word” that nobody seems to like. This gives insight into the old adage. Many are called but few are chosen. Many have the opportunity, but only a rare few ever take advantage of it.

Yet, for those willing to take upon themselves the disciplines of both mind and body, the transformation of consciousness achieved by practicing the ancient Biblical techniques is something beyond what words can describe. Calling it just “life-changing” is an understatement. Becoming aware of the greater reality enables one to live in it simultaneously alongside this physical reality. Biblical prophets did just this and so did their spiritual children down to this day. Yet, living in a dual reality does make one somewhat “out of this world.” Thus, in the view of those who cannot understand this, such integrated thinkers are also “out of their minds.” This should come as no surprise to anyone. Even the Biblical prophets themselves were often considered crazy by their peers.

Now, let me stop talking in general and start getting personal. I believe that it is only through sharing my personal experiences that I can properly extract theoretical knowledge and show how it is actually supposed to work.

PART TWO – PERSONAL EXPERIENCES

Since I was a young man I intensely desired to experience the greater world. I don't know why I was (and am) like this, I just was. I was always drawn to the supernatural. This is how I originally became religious. I was exposed to Kabbalah at the ripe "old-age" of 16, and I never turned back since then. I thirsted for more. In those days (the early 1970's), books on Kabbalah were few and far between. The good ones that I had sparked me on to find and understand more. And that is how my personal journey began.

I have always had strange experiences, even as a child, and I always felt compelled to learn more. So, I began my twisting and turning walk through life, going here and there, this way and that, not realizing that I was being guided by a Higher Hand to accumulate all sorts of knowledge, information and experience. Along the path, I did not see the end of the road. Most times, I did not even know where I was, all the more so where I was heading. I was not in the mindset of long-term planning my spiritual pursuits. Indeed, the path I took, however twisting and winding always seemed straight to me. Only in hindsight and retrospect could I see just how far and wide I traveled to acquire this or that pearl of wisdom that helped transform me and expand my consciousness.

I am now no longer a young man. I am no longer entertained by what I have come to call, "sound and light show spirituality." All my life I have looked for substance and the older I got, the greater substance I sought. It took me a while, but I was finally able to see through the "phoney-baloney" of a good deal of recent material out there that many embrace as authentic spirituality. For the most part, I have found that most of the spiritual smorgasbord, watered-down religious and spiritual teachings (and teachers) out there are a complete waste of time. They are heavy on appearance and light on substance. Not what I want, at all! (And yes, I am being polite!).

Most of the folly and temptations of youth are behind me now. Some fires have simmered down, but the incredible thirst for knowledge and truth only grows more acute as the years pass by. I thank God for the opportunities that I have to spend a great deal of my time in study and mental isolation. For decades now I have trained and honed my mind to be sensitive to and aware of areas of thought coming from my unconscious higher soul and perceived in my consciousness. I follow in the footsteps of the ancients before me. I ignored all the threats and warnings of danger written in books and propagated by those who read them.

Granted, while many admonitions of caution are well founded, nevertheless, one should not be frightened away from the path because of them. One should simply take the necessary precautions to assure that one does not cause oneself any type of psychological damage. Living a normal life, and being grounded in reality goes a long way in preventing one from becoming "so heavenly minded that they become no earthly good." This is a serious problem that engulfs many students of mysticism and spirituality.

The danger exists that one can become so involved in one's mystical beliefs that they become detached from actual reality around them. They create a fantasy world, live in it and draw others to it. When this happens, cults are born. This is the path towards extremism, violence and mental instability.

There are very real dangers along the path of expanding consciousness. The warnings are real and therefore the precautions and the disciplines described are authentic and valuable. Yet, if and when one does the right things in the right way and at the right time, then (and only then) do the right and proper doorways open within the mind. These transform the very foundations of human consciousness.

Now, I must admit, like many, for decades, I was always impressed with the fictional Jedi Knights of the Star Wars franchise. I always thought that to be spiritual would enable one to levitate things and otherwise “magically” control the world around us. Well, let me share with you this, things don't work this way! Star Wars and Jedi Knights are fictional and will remain such. But, the true powers of the mind, when used properly, in the right way, enable one to be a conduit for powers “far beyond those of mortal men.” Yet, these powers are not controlled by the conscious mind as with the fictitious Jedi Knights. Every now and then, when the need arises, these powers of the soul take control of the properly prepared and trained conscious mind and use the physical body for its conduit, enabling it to materialize in this physical world metaphysical powers, the likes of which we cannot call anything other than supernatural.

This was the power of a prophet and it is not lost or forgotten to this very day. Yet, the distractions of the physical world keep one imprisoned in half of one's mind and retards one's ability to reach out and discover the greater world. For many centuries now, collective humanity has not grown or evolved spiritually simply because there is no collective will to reduce one's attachments to the physical world and to expand one's attachments to the higher reality. Such spiritual movement has been considered throughout history, and still is considered today, to be a stupid and wasteful venture.

Those desiring to embrace this course are frowned upon and often physically attacked. Those entrenched in this world deem it a character flaw and sign of weakness to desire to surrender one's strength in the physical world in order to pursue strength in the higher realms. When there is weakness, animals pounce on their prey. So it is with ruthless human beings, who are so disconnected from their own higher powers, that they do anything to prevent others from pursuing and gaining theirs.

There is nothing new under the sun. The spiritually weak have not changed. They still make every effort to make themselves strong in their physical world. In this they succeed and in their success they seek to block the road of spiritual progress for all others not under their control. Yet, access to the higher realms does not come about through traveling the roads in this physical world. Integration of the higher reality can only come about through one letting go of one's strong attachments to the limited and limiting physical side of reality. When this occurs, the powers of this world have no strength or ability to hinder one's evolution.

Try as they may, as they did with the Biblical prophets, those who seek to silence the communion with above, will in the end fail miserably. Today, we still read and are inspired by the living words of the Biblical prophets. Although their physical flesh is long gone, their living spirits are immortal and continue to speak to us to this very day. This is real spiritual power, and not the fantasy version as portrayed in Hollywood films!

PART THREE

Our souls, active as they are in this world and above it, direct the course of events that materialize both above and below. It is our own higher selves that are actually guiding our lower destinies in this physical world. The fancy psychological term for this is that there is a “teleological direction to psychologist individuation.”

We are, and at the same time, we are not masters of our own destinies. We are being guided through life, by our “guardian angels.” They are nothing other than our own higher selves. They guide our lower selves here through life on Earth, to learn the lessons and to experience the experiences that the Higher Wisdom knows our lower selves need to learn.

In many ways, we ourselves chose whether or not life for us here on Earth goes smoothly or not. The secret is whether or not we chose to work with our higher selves or against them. Either we go with the flow in which our higher selves direct us in, or we go against it. When we go with the flow, everything works out for the best. Mind you, the definition of what is best is not in accordance to the criteria of this physical world. The souls decide their courses of action based upon purposes far beyond our present conscious reckoning. Yet, regardless of whatever the outcome is here in this physical world, the one going with the flow is filled with a sense of purpose and accomplishment. One who is in sync with one's soul has inner peace and contentment, regardless of what life in this world brings.

As for those who stubbornly cling to the partial reality of this physical world and make every effort to block the influence and direction of their own higher souls, these individuals will know in this world nothing other than a living hell. Try as they do to become rich and powerful, such acquisitions in this world come at a terrible price. In dreams of the night, one's own soul either supports or condemns one's life and life style. Those who deny their dreams and pay no heed to the inner messages do so at their own peril.

It does not take a prophet to recognize that we are at a vital, pivotal point in human history. The force of the collective human soul is directing all of us here on Earth towards a precipice of choice. Either we as a race are going to evolve and learn to integrate our physical and metaphysical aspects of soul into a new harmony, or the part of the soul entrapped in physical flesh will manipulate circumstances to free itself of its mortal coils. This means that when the moment comes for the higher power to act collectively and conclusively, those who cling to the past, instead of embrace a profoundly new and different future will simply be left behind. Their souls will rebel within their very bodies and lead such stubborn and blind individuals to a fate of destruction. The soul wants to be set free and nothing that the detached and imprisoned part of the soul, in the misguided body, does will save such a one from his own higher self leading the lower self to annihilation.

Our job now is to jump-start the process of soul integration. There are numerous spiritual teachings available today, so many of them that confuse the truth, rather than express it simply. Truth will never be something taught by rote and doctrine. It has to be seen to be believed. And so many different people are seeing so many different visions, that one must wonder if indeed there are not many different truths. Indeed, of the visions some have, one may very well contradict another. Yet, everyone is convinced that their vision is the true one and that the other guy's vision must be false.

It is easy to argue doctrine and theology. One cannot argue a vision. Yet this does not mean that all visions are true. False prophecy and false visions is an ancient problem that unless understood and exposed can lead one down a dark path disconnected from God and even from one's own higher soul. This is what the Bible called being "cut off." Many deceptions exist. Warnings against them abound in the literature of all religions. Everyone at the beginning stages of ascent is confronted with falsehood posing as truth. Only the most disciplined and cautious survive this sweet seduction.

With one hand we embrace, with the other we push away. We cautiously weigh and measure all spiritual experience. This is the natural order of things. Yet, when this is attempted using the lower soul and intellect alone, this leads to great troubles. We are all under the spell of the forbidden fruit from the Tree of Knowledge, Good and Evil. We have forgotten how to distinguish between the sacred and the profane, between light and darkness, the true and the false. Those who teach that there is no danger in the darkness are themselves the greatest servants of the darkness and the greatest danger to sincere spiritually minded souls.

Consciousness expansion comes with a heavy price. This price is that once you see the truth, there is no turning back to falsehood. Once you dispel the darkness, it can never come back. Now, you might think this a good thing, but remember, we each walk the spiritual path alone. No one, even our dearest and closest friends and loved ones can join us in this isolated journey. Once we climb the mountain and reach the pinnacle, we alone see the remarkable view. Yet, we soon realize that our climb and ascent was made by the individual alone. We have no one there to share it with. Thus enlightenment, while being the ultimate fulfillment, is still in the end a very lonely place.

Those who achieve such enlightenment are few and far between. They are separated by both many miles and even by many centuries. Yet, for those who can and do break the fetters that chain us to the isolation of this one space-time continuum, they soon find that they are not alone at all, and never will they be alone ever again. Those with the eyes to see can see those that surround them at all times, yet, such vision is within the mind. The conscious mind attached to the external physical world will never be able to understand this. But the one who unites and integrates their lower soul with their higher soul will become aware of so much more that the eye cannot see, nor can words describe.

For decades I have walked this path. I have taken every risk and walked down paths that many of my peers deemed both dangerous and insane. But, in the end, I have survived. Yet, I have done more than this, I have thrived. I am in the position to share what I have

learned and to show it to others, to enable them to walk their own paths, to the rise their heads above the waters, and the breath the crisp fresh air of spiritual freedom for the very first time. There is nothing like one's first breath. It is the breath of birth into the greater world. It is the intake of the sacred wind, the holy breath, the Ruah HaKodesh, the spirit of God. One who accomplishes this can truly be said to be in the likeness of our mutual Creator.

I have dedicated what I do to teach the path and system of the ancient Biblical prophets. I believe that there are many individuals out there who are ready for this and willing to make whatever sacrifice that is necessary in order to realign with one's inner self and to be transformed in one's consciousness, to experience and know a greater world.

For many years I have been the explorer. Years ago, I realized that I had discovered something that many like myself had not yet found. I remember back when I was on the path to discovery and how much I appreciated whatever help I received along the way. So, I decided that I wanted to give to others that which I so much wanted to acquire myself. Twenty years ago I began to teach publicly and I keep looking forward.

Whatever I discover I try to pass on in proper form. I confess my surprise that while so many claim that they too crave to walk this path, so very few in reality actually take the necessary steps in order to do it. So many want entertainment. So few want to work. Oh well! That is one of the many lessons I have learned now in my over half a century of life. Yet, I will follow the spirit, the wind. Where it blows, I will endeavor to be lite enough for it to carry me.

What do I know? I confess, not much! I know what many of the books have to say. In this I am considered a scholar and expert. Yet, I have learned the first rule of wisdom. Just because something is written in a book does not make it true. And, even when something in a book is true, it does not mean that it is the only truth!

Does any of this sound confusing? It shouldn't, but in order to understand what it is that I actually mean, you had better clear your mind of questions and silence your tongue from speech. You will understand when you are silent and still within. Only then will you hear and know the proper course of movement, which when performed properly, will happen almost automatically, with you in the observation seat, as your higher self does the driving.

You can't think about this. You can only experience it. Just be careful. Do not become so heavenly minded that you become no earthly good. You will know the difference based upon your relationships with the realities around you. In brief, fulfill them and be responsible, this is good. Ignoring your responsibilities, this is bad.

Now, is the time for those ready to go forward. Do not allow illusions of inability to hold you back. Do not be cheap with your money or your time. If you are cheap, you will soon sorely regret it, when even all the money and time in the world will not grant you access, once the doors are closed. We are taught to take advantage of open doors when they are seen. There are seven doors, the first can be seen, where it is not. Sound confusing? Not to those with eyes to see.

Opening your mind requires of you the most serious of commitments and the most disciplined of mind. Start now, hone your skills. The time has come for us all to evolve. All are invited. How many are willing to honesty and truly do what is necessary in order to accept the invitation and come to the party. And as parties go, this one is the biggest bashes of them all!

I have now shared with you what you need to know to commit yourself to the path towards truth. KosherTorah.com is at your disposal with classes, lectures, and lessons in many different formats. It is time for the change. Without change, the soul sleeps deep inside us and seldom awakens. It is time for the sleeper to awake.

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