

BEING A WHOLE HUMAN

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ALTERED STATE

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Like the early European explorers (but only in this way) who were convinced against the prevailing mentality of society, that the earth is not flat and New Worlds exist on the other side — I am convinced that more exists in consciousness than has heretofore been expressed.

What I see unites truths of quantum theory and non-duality philosophies, and goes beyond them both, as far as I have found. It goes beyond the mental realm to the realm of direct experience.

As a note, yes, we live in a dualistic world to those who say so. That is the brain-projected world of mental concepts, apart from the non-duality of the cosmos of consciousness which suffuses everything and exists just beyond normal human perception.

The vision goes beyond medical or yogic definitions of altered states of consciousness, which still are in the

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mental realm, such as:

'Medical Definition of altered state of consciousness: any of various states of awareness (as dreaming sleep, a drug-induced hallucinogenic state, or a trance) that deviate from and are usually clearly demarcated from ordinary waking consciousness.'

and

'In yoga or meditation practice, yogis may be able to alter their state of consciousness. The term, altered state of consciousness, is generally defined as "any state of awareness which is different from the normal waking consciousness."'

But what I'm seeing is not merely an altered mental state that can be measured in brain wave activity. Rather, it is an expanded state that dissolves boundaries between 'me' and the other, in an actual experience of oneness.

This expanded state can be measured by the qualities of one's character and actions, such as unconditional love, compassion, inner peace, fluidity of motion, effortlessness; and in powers different from the normal waking state, exemplified in stories from the life of [Jeshua the Christ](#).

To the normal waking mind of our current society, such a vision seems far-fetched, and the physical laws measured by science too fixed to allow its fulfillment. I agree, so long as individuals remain bound by mental concepts, such a oneness experience as described will

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remain rare and random.

But, the latest quantum theory of the new science of **Biocentrism** does support much of the vision I've held lifelong. Bob Berman, co-author of the Biocentric books and a highly regarded astronomer, had a life-changing, spontaneous oneness experience which lasted three weeks. I feel compelled to continue self experiments (without chemicals) towards a full, sustainable oneness experience.

As the old, mechanical views and discrete objects of classical science are replaced by the new science such as proposed by the Biocentric books, the choice for consciously chosen sustainable oneness becomes greater. Add to that the current supportive earth changes taking place, and some version of my optimistic vision becomes inevitable, eventually.

Some have written that a sustained oneness experience is not possible, since the body could not handle the high frequency. Well, first of all, how would anyone know such a thing? It sounds like what people said in the early days of automobiles, that anything over the 'normal' road car speed would tear a person's body apart.

There is so much evidence of the possibility, in science, scripture, and imaginative literature — that to me, a sustained oneness experience is not far-fetched, but a high probability. I go for the highest vision imaginable: god-humans walking the earth, all knowing the True Self of everything is the same One Being.

Some comments to my '[Second Coming of Christ](#)' post surprised me. I had not anticipated it would be such a controversial and emotional subject. To the message that the second coming of Christ will be revealed in human lives, some commented, 'Christ is within.'

Yes, as the oak tree is within the acorn, as an inherent potential, it is so, Christ is within. But, without germination, sprouting, and being nurtured into a tree, the acorn remains a nut for the squirrels.

For the consciously directed process of germinating, sprouting, and nurturing Christ consciousness in human lives, the '[One Being Mantra](#)' (revised as recently as today to reflect my latest realizations), has started to induce in practice the first feeling of expanded consciousness. Whether that is from a boyish enthusiasm for this creation through my hands, or something more, I cannot say.

For greater clarity and confirmation, it is needed that other dedicated individuals give the breathing mantra a test run. The audio (about 4 minutes) and a one page narrative of the '[One Being Mantra](#)' can be accessed from the Whole Human site.

*

Notes to myself:

Soul is limited only by mental concept. Thought increases inner tensi*ty*, inhibiting the flow of Spirit and stiffening the body.

Communion takes place not in analytical understanding but in the radiance of feeling and living from the innocence of the heart.

Cultivate a still mind and a feeling heart. Relax the body into receptivity. Yearn for direct continuous conscious connection with the One Being.

* Blog Post — [Unconsciously Freeing the Body](#)

COMMENT

Kelly Lorenz

This is an excellent post. As I have come to my own personal truth that like the divine great spirit of creation, source of all that is, we as humans have the power and capacity to create through thought and feeling, through the frequencies of our electromagnetic bodies.

So if we can imagine it, it is possible, as we are simply an elaborate and genius imagining of source as it is, and if we with all of our levels of consciousness, duality, and knowing of oneness are possible, then how could anything else be limited?

The artist Rumi, seems to me, to be an example of a sustained experience of oneness as in his poems he speaks of himself and his beloved as one in the same, separate yet not, loving and blending and pulling apart just to taste the sweetness of reunion.

Perhaps you are tapping in to this type of love that so few have experienced, and so many are doubtful and even frightened that they may possibly be undeserving of. But as I am sure you know, there is none undeserving of the love and communion with source, it is all a matter of, as you said, consciously directing the process of nurturing the christ/ sophia or crystalline consciousness or not.

All that being said, boyish enthusiasm is a great creative tool and I look forward to testing your creation for myself as well! Can you attach a link to your meditation?

Last note, on your notes to self, the bit about tensility in the body caused by thought is so helpful. I have been trying to "soften" and it seems that the trying by way of evaluating and analyzing where I am in that process is what is tripping me up and disallowing the softness. Thank you kindly for that. Brain unplugged, softness engaged, be at peace within 💖



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