

BEING A WHOLE HUMAN

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CONE OF AWARENESS

2/9/2021

0 Comments

About 850 words on the cone 🍦 of awareness, constriction and expansion on the spiral of consciousness — plus comments, used by permission.

I am the One Being in divine duality, giving my 'unbounded awareness aspect' an experience of individuality.

There is only 'my' from the perspective of individuality, and only All from that of the One Being, and no separation between except in my human awareness.

As a metaphor, there is an cone (or spiral) of human awareness within the borderless field of consciousness. I envision it with the narrow end down, opening wide at the top.

Within this cone, individual awareness constricts and expands. Constriction tightens and narrows towards an experience of specificity and/or separation from wholeness, and expansion loosens and broadens towards an experience of non-separation (or oneness

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consciousness). This is a simplified version, the whole view is more complex.

Constricted is aware only of the separated self. Expanding awareness (up the cone so to speak) broadens perspective and integrates the 'other'. Constriction can be the result of inner tensility, for example, which can occur as a result of certain emotional thoughts -- anything which separates me from thee. I have clearly felt expansion when I released resistance, judgment, etc.

When I detach from constricting energies, e.g. possessiveness, my experience of life can flow more freely.

I am not suggesting the surrender of the self for the greater good, or that the self is surrendered, as some have interpreted. Also, awareness of the One Being cosmos of consciousness does not need to eliminate God/Goddess from a belief system. To me, the One Being is the headwaters and substance of all that flows in the river of existence, including creators and creations of all types.

When I ground my awareness and identity in the One Being True Self, my behavior, quality of actions, and feeling of well-being are all expanded and made more spacious. Without trying, I become more magnanimous, compassionate and egalitarian. My individual skills are enhanced by the more complete perspective of expanded awareness.

Faith wrote, 'I suppose the question for myself then is

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what place in the cone of awareness is comfortable for me to sit at any given time. Taking all factors around me into account, the flow I feel is in my desire to move up or down the cone in any setting whilst maintaining my individual ideals/integrity.'

Yes, from my perspective there is no pressure to move up the cone!

As the One Being in divine duality, this lifetime has purpose enough by giving an experience of individuality. That takes off all pressure to accomplish. Whatever choices made, from wherever in the cone, the whole experience serves the purpose.

Human society in general does not honor this perspective, as it makes an importance of accomplishment, and puts pressure on the individual to achieve, to make a contribution to society.

But, taking pressure off myself doesn't mean I don't achieve, just that achievement is accomplished in a flow without stress. I may measure achievement, if measurement is needed, by a different than usual standard. The system does not acknowledge or honor what I feel are the most real and enduring contributions a person can make.

Regarding the pain of the human experience, it is of no consequence to my One Being aspect if I am tortured to death  in some new and interesting way, or float off on a cloud  of bliss.

Either way, it gives a unique experience of

individuality.

Pain doesn't register with pure consciousness the way it does with a sensory based individual.

That viewpoint might not lessen the pain, but it can spread it out in the expansion of awareness and make the experience feel less intense.

Jaclyn wrote, I 'have really noticed how the awen can flow so beautifully when I relinquish any control. Maybe it's my Aquarius energy that helps me to detach, and sometimes it's considered cold, but my soul knows when it needs to make space for something new to flow through .

Yes, and what do I relinquish control to? Not to an 'other', but from a partial piece to the more complete aspect of Self/non-Self. The partial piece of individuality is no less important than the One Being, and together all is one cone/spiral of human awareness to the cosmos of consciousness..

From a human viewpoint, certain things of separation may still matter. The choice of where to live from in the cone of awareness is left to the individual.

This of course is my perception, with no pretense that only mine is true. I post to share my realizations of the moment, without attachments or expectations that they will apply to anyone else. I am interested to know what is true for you, and comments are appreciated.

Photo found on the 'Center for Ecoliteracy' site:

'The Center for Ecoliteracy is dedicated to cultivating education for sustainable living. We recognize that students need to experience and understand how nature sustains life and how to live accordingly. We encourage schools to teach and model sustainable practices.'

COMMENTS

Catherine Goerz

I am aligned with the description of your realization/viewpoint. But I'm not sure I am visualizing the cone of awareness and borderless field of consciousness in which it exists. I made a little sketch, let me know if this is what you are visualizing as well. (BFOC is borderless field of consciousness).

Gary

I like your sketch!

To me, there is no right or wrong way to visualize this.

I 'see' the cone with my conditioned awareness at the narrow bottom end, and the wide opening expanding into unbounded consciousness.

It is a metaphor, more for feeling and visualizing than for analyzing as you probably know.

What apparently separates the two aspects is the human mind/brain. That could be represented

somewhere in the middle of the cone. It could also be a lens of perception which 'moves up and down the cone', expanding and constricting one's field of awareness.

Steven Schumacher

An interesting viewpoint, one in which I find myself in sympathy. I had never considered this idea referenced as a cone of awareness, but it does work. I have long found difficulty in understanding the hard definitions given to spiritual terms, like satori, or Samadhi, or even unity consciousness. For myself, I have experienced unity in any number of ways, they all fit the definition, and they are all different. I came to understand that there are different levels -- or gradations -- of experience, all being valid. This can easily be framed in the context of the cone of awareness. Thank you for this perspective..!

Gary

Your comment enriches the post. May I add it on the Whole Human site I maintain?

Steven Schumacher

Sure, have at it.

As I progress along this life of unfolding, my perspective repeatedly changes. Things that were once fixed and firm are now quite fuzzy. No longer are things either or, one or the other, now it's some of both. It is not being either asleep or awake, it is now some of both. I begin dreaming while still awake, I can be fully aware while asleep. There is no longer a hard barrier between the two.

Once you tumble into the recognition of awareness, things begin to open up. Sure... cone of awareness.

Gary

Your words of changing perspective could have come from me, our experiences are so similar.

You mentioned that you'd not considered a cone of awareness:

"I had never considered this idea referenced as a cone of awareness, but it does work. I have long found difficulty in understanding the hard definitions given to spiritual terms, like satori, or Samadhi, or even unity consciousness."

Not that credit matters in this case, but I coined the term. It could also be spiral of awareness, but cone feels well from my current perspective. I enjoy using universal language, rather than hard definitions.

Thank you again.

Alison Ideta Murata

Wow! 🤯 Thank You for sharing your blog post here with us all!! I encourage You to continue sharing your wonderful insights with us here! Although we have never met before in this lifetime, yet, I feel honored to have you join us in our Journey to Enlightenment! I've never heard it explained in this way, and it makes total sense for me. I guess like our own energy vortexes in our bodies, our Consciousness and Journey within is similar to the cone as you explained! Thank you for expanding my Awareness today! I look forward to

reading more of what You have to share! 😊💜👉

(Conscious Revolution Group)

Larry Vorwerk

Thanks Gary. Nice message. I love this explanation of how we move back and forth from the whole of Oneness to the individual perspective and experience. When we are being our true full self while inhabiting these human bodies we free move back and forth in our awareness. This is what I would call "Living to our fullest." What are other members' thoughts about this writing?



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