

The Integral Yoga - December 11, 2018

Thus while we identify with our life and the world about us as our 'reality', we sense a greater truth arising from the sum of our experience over many lives and from deep within. We may feel distant from and even abandoned by this higher awareness. We need something bigger than ourselves, a super-consciousness, to bring us back to these higher states of consciousness through a process of intuition. Guided by this intuition we can gain a greater knowledge, a gnosis, a wisdom beyond understanding. We could cross through different dimensions of reality, each having different collective states of consciousness. We can reach this consciousness fully, here and now. Understanding different languages helps. As we cross into each dimension the archetype of languages comes to assist. Spiritual practices also assist. We come to learn that since man is a microcosm, the universe is built on the dimensions of man. We are in alignment with the cosmos. The creation is in constant expansion, continually giving birth to humanity and the universe.

Spirituality allows us to challenge the old structures that tie us to our sense of reality. As we break down the past structures we find new paradigms, and come to see they were always there. Effects of misguided energy must be repaired, just as the artist adds something to his external view of an object, something to rebalance it, something which had been lost.

When we discover the latent energy within us, we also discover it in everything, like a seed or germ of potential, of the super-mental. It is indeed quite miraculous to find the source of life and rectify with it, and reactivate it in ourselves. Our mind is just a fraction of the universal mind (Perusha). We cross over beyond our small piece into a super-mental, our innate knowledge of all the universe at its origin.

We will begin to perceive the universal mental (Manas) as it arises from the center of an alchemic melting pot that contains the creation of our thoughts and also the duality attached to the interpretation that we have made of them. Each thought goes through the biases or prism of our egoistic identity filtering the nuggets of a self surviving ego. The ego takes only what serves us, what we like, and it ignores or misses a great deal. Going to the source of our mental enables one to revisit and shed those established biases, fruits of the resistance of our obscure consciousness.

The awakening of the divine Shakti is completely dependent of a growing submission, based upon faith, and an interior life always in motion. It is not yet but a transitory accomplishment that culminates to the ultimate sacrifice of the divine "gnose". Then the contradictions attached to our inborn duality, our inability to see things as they are in unity, are realized into a unity of reconciliation.