

KEYS TO CONSCIOUSNESS



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Keys to Consciousness

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INTRO



This book is for those who are beginning to awaken from the deep sleep of identifying with forms and for those who feel a growing desire to discover the immortal essence within—the boundless being that resides in the body yet often feels trapped by conditioning and programmed limitations.

THE INSIGHTS and keys shared in this book can help accelerate this awakening, offering glimpses into the unknown and guiding you toward the eternal, infinite Consciousness that lies within.

FOREWORD BY FRANK M.
WANDERER



The goal of all spiritual quests is to reach a state of timeless perfection.

This state is characterized by freedom from worry, a sense of lightness and joy, deep inner peace and abundance of energy. Nothing can be added to or taken away from this state, it is your original state.

IN YOUR SPIRITUAL SEARCH, you do not need to discover what you were or what you will be, but only what you already are.

But you have forgotten this knowledge because you have identified with the external world of things that can be perceived and the internal world of things that can be thought. Your identity is now rooted in these things.

THIS ILLUSION CAUSES THE FORGETTING, which makes you forget the immense richness of your original being.

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BUT IT IS ALSO the nature of illusion that it dissipates with understanding.

The easiest, shortest method of remembering your original being is spiritual awakening through understanding. Sri Ranjit Maharaj called this the Way of the Bird.

COMPREHENSION IS BEST COMPARED to vision, but it is not an extension of the range of sensory function. It is the experience of intuitive understanding, the operation of true intelligence.

But you cannot want the ability to understand, you cannot achieve it by any effort and practice.

TO MANIFEST, you must first awaken the desire to recognize within yourself the immortal being who dwells within your body and who currently sees himself as someone who is limited and a slave to all kinds of conditions.

DURING SPIRITUAL AWAKENING, you are suddenly transported into a new dimension from which you can clearly see that your being is already in a state of timeless perfection.

So you don't have to take a step to find yourself. Moments of understanding, of deep insight, reveal to you the silent depths of your being.

CORRECT UNDERSTANDING is the most effective cure for forgetting. No effort can lead to the knowledge of your true being, only the clarity of understanding.

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FRANK M. WANDERER PH.D & ERVIN K. KERY

IN THIS BOOK you will find keys to help you develop this deep insight.

With a mind that is always hungry for information, you cannot use these keys properly. Understanding can only be born in the quiet mind.

YOU DON'T HAVE to apply these keys according to your mind's expectations, you don't have to learn them and "practice" them.

The use of keys can best be compared to eating. When we eat, we bite, chew and swallow. We are aware of this process, and then the rest of the journey of the food is taken out of our awareness and makes its way through the body.

A SIMILAR THING happens when you "feed" your mind. You read the text of the key (bite), try to understand it (chew) and finally contemplate, surrender to the inner silence (swallow).

YOU HAVE nothing else to do with these keys, because they will continue to "self-propel" and mature understanding, deep insight in you.

THESE KEYS WILL AWAKEN the witness consciousness reflected in the still mind and bring it back to its original state.

THEN YOU REALISE that there are no keys, no doors to open and no one to use them.

KEYS BY FRANK



*R*ealise that spiritual teachings are only valuable to you if you can recognise their truth in your own life. And this realization comes not through the analytical workings of the mind, but from insights inspired by inner silence.



Know that we are all on a journey. This wandering begins with birth and ends with death, with disappearance into Nothingness. You live your life as a personal story. But beyond and before the personal story, there is a mysterious consciousness - which is your real Self.



Notice that a small fraction of humanity is becoming less and less able to identify with its personal history. It sees and understands that this wandering is aimless, that it only leads it round and round in different areas of the world of form. See that, life after life, you go round and round chasing the same ideas, the same desires.



Realise that as a result of your spiritual search, you only want to be free from the experience of suffering, not from its cause, the ego. Staying in the Presence is just a way for you to contribute to a better and more beautiful (i.e. suffering-free) state in the future, or to a more positive self-image.



Notice that you use the mind as a tool for spiritual seeking. Through the mind you are trying to understand what is

beyond the mind, beyond form. Know that with the mind you can never get beyond the mind.



Realize that in your journey to consciousness, you should not strive to create a positive character and the pleasant personal life story that goes with it, but to find the Being behind every personal story.



Notice that you spend your whole life wandering from one mental image to another, identifying with these images, and they are the source of your identity. Know that these mental images are just mind games that block your way from realizing your true being.



Learn to dissolve into the present moment and be able to enjoy and be happy with what the present moment brings

you. Notice that then you have no problem in shutting down the ego, the chatter of the mind!



Know that everyone has an "ancestral memory" that comes from your own inner long-forgotten center, and in most cases lives within you as an unconscious longing, a perpetual restlessness. This unconscious desire is then given form by the ego by directing it to a false goal. And that is: to become perfect in a way that this perfection includes the ego. This is a sincere aspiration of the ego, but it is impossible to realize it at the level of forms, forms cannot be made eternal.



Understand that that perfection isn't something you need to seek in the future; you can experience it right now by surrendering to the present moment and allowing the joy of being to guide you..



KEYS TO CONSCIOUSNESS

Remember, if you think of yourself as special (because you are), you should think of other people in the same way. Everyone you meet in your life who lives and has lived on Earth is special.



Notice that the mind has been the driving force behind your life for so long that you've forgotten it's merely an instrument of Consciousness. However, in the past, it has truly come into its own through your identification with it.



REALIZE that conscience and the guilt that goes with it is not part of Consciousness, that is, of your Self, it belongs only to the mind! So be patient with yourself and look as a Witness to the arising guilt within yourself!



Know that there is an important law that every step in the right direction brings you closer and closer to spiritual awakening. This means that the moments in which you awaken to your identification with the mind add up, reinforcing each other.



On your wanderings, do not react to the guilt of falling back into an egoic state, but celebrate the moments when you are in the state of Presence!



Notice that complaining, blaming others and circumstances or yourself produces negative thoughts that awaken and strengthen the pain body. It makes you feel guilty or angry towards the other person, which also strengthens the ego.



KEYS TO CONSCIOUSNESS

Wake up, if you really want answers to the big questions of your life, you have to look within yourself.



You have to do the trek, no one else can do it for you!



Consciously live your life moment by moment and allow everything to happen as it wants to happen. Surrender to the Now! Be consciously present in every moment!



Know that if you want to live in the Now, you have to let go of the past. And if the past disappears, so does the future! And then what is left? The present moment, the Now! To live in the here and now is to be free of time and suffering!



Know that your real being does not ask questions, it does not need answers. It is here, it is present Now. You can only find it if you put aside the questions and surrender to the Overself radiating in the Now!



Understand that you are completely independent of the mind, you are just a witness to everything that happens to you. If you cease to identify with the mind, you will immediately recognize this fact. Therefore, you have to move away from the mind and remain in the position of the witness.



Notice that the ego-mind cannot conceive that there is wisdom that does not take the form of thoughts, of accumulated knowledge and experience.



Realize that personality development is a big trap, because the more energy you put into decorating your spiritual mask, for example, the more you will identify with it, and after a while you will become attached to it, and eventually you will be unable to throw it away!



Notice that the search for truth in many people is fuelled by ego. It is the mind's way of protecting itself! It distracts you from the possibility of real inner change.



Realize that the truth is already here, within you, here and now in the Present! But seeking can only take you away from the truth.



Recognize the reality that inner silence and ego, the separateness of oneness and ego, are incompatible. Where one exists, the other cannot exist.



Know that enlightenment means being in harmony with Being, and therefore in harmony with the present moment.



Do not accept any suggestion of the mind, but remain in the silence within.



Realise that the mind can never understand what is beyond it. But it tries. In doing so, it explains everything from the separate focus it currently occupies in the space-time matrix.



Notice that the immature ego is always full of desires, ambitions, goals to achieve, goals to strive for, whether they are the most extreme (money, power) or the most sophisticated (religious self-transcendence, spiritual realization). These goals always take time to achieve, so the future is important for the immature ego.



Know that the mature ego is beyond its form-bound desires and ambitions. It is precisely the experience that made him mature: the fulfilment of these ambitions and desires did not bring him true happiness. Temporary gratification, perhaps, but not lasting happiness. It experienced and understood the nature of desires, the constant changeability of the world of forms, where nothing is permanent, everything is dialectical, everything changes.



Notice that the immature ego wants to live in the formless, wants to be somebody there too. Know that the mature ego, on the other hand, does not cling to itself, gladly surrenders itself to the process that dissolves it. It gives up its identification with the ego (itself) more and more, making room for the realization that it is in fact formless Consciousness.



Notice that the basic instinct of the ego is action, it is always doing something, even when it is "meditating" it is still acting (concentrating, trying to achieve oneness, etc.) Therefore, it cannot deal with the concepts of emptiness.



Know that an awakened teacher can only teach you freedom, inspiring you to awaken and be free from mind, ego, world, habits, traditions.



Note that an awakened teacher will never give you methods to help your spiritual development, because he knows that all methods strengthen the ego mind and deepen the conditioning.



Know that an awakened teacher can only be your lantern, can only light your way, but *you* must understand and walk the path.



Awaken to the fact that your original state of being is the state of consciousness in which you no longer identify with the forms and contents of your mind. This state of consciousness is Life itself, a state of Oneness filled with the vibrant energy of love.



Notice that the only way to discover the state of Oneness within yourself is through direct experience. Only through your own experience can you transcend the world of forms and the mind.



Realize that the gateway to the deeper dimensions of Life is mindfulness. To be alert, you must pay attention to the "Here and Now". This mindfulness of the present moment allows you to know yourself without identifying with your thoughts and feelings.



See the reality of your everyday state of consciousness, that you live in bondage to your thoughts, your emotions, your social roles.



Notice that you have a deep longing for the truth. This is what has led you to seek the path to freedom.



Notice that true self-discipline is not born out of repression, but out of an understanding of the purpose of Life. It is this self-discipline that frees Consciousness from the state of identification with forms. It creates a kind of space between consciousness and the workings of the mind, and it is in this space that vision, the capacity for true understanding, is born in you.



Realise that everything that someone else creates for you is impermanent, but that what you create for yourself will be permanent. You have to find what you are looking for yourself.



Notice that in the awakened state of consciousness, a whole new dimension of existence opens up to you, showing you Existence from a completely different perspective. Then the unity behind the opposites is revealed, and you no longer cling to the beautiful and sunny side of life, but see the beauty in the dark side of it.



Awaken to the fact that you are living in the prison of your mind, and then you will accept life as it is. And this acceptance does not come from compulsion, but from the total freedom of Consciousness. And this total freedom is rooted in your experience of the bondage of identifying with forms and understanding the process of awakening.



Notice that in the alertness of the present moment, everything within you becomes quiet and peaceful. You are

beyond all goodness and evil, there is only one Consciousness for you, the one that does not interpret, does not judge, but only listens.



Notice that with the birth of the little self, the inner voice of the ego appeared within you and from that moment on it began to tell you a story about who you are and where your life is going. And this story has become so convincing to you that you no longer question its truth.



Awaken to the fact that the deeper dimensions of Life have always been present in your life, but you have lost touch with them through a lack of vigilance.



Notice that every conscious moment of your life is framed and interpreted within the framework of a personal

self-centered story you tell yourself. This personal story is the foundation of your whole life. And your personal story holds you in its spell, you live your life in a hypnotic state.



Notice that there are times in your life when you feel that almost nothing is going right, and you are unhappy and suffering. These can be very important moments for you, because they can be a time when you realise that your life is simply more than the workings of your mind. This may be the first sign of your spiritual awakening, of the hypnotic hold of your personal history beginning to break.



Realize that the gateway to the deeper dimensions of Life is the wakefulness that comes to you as a result of your attention being released from the hypnotic state of telling your personal story.



Notice that what you first experience in the waking state of consciousness, beyond thoughts and feelings, is the fullness of Being. In this state, all fragmentation in your life disappears, you realize the inner spaciousness of your existence, its bliss and tranquility.



Realise that your mind is speeding through life with you like a driverless car, causing you constant suffering and sorrow.



Have you ever thought that if you could realise how your mind works, your life would be completely different. Your mind's current mad dash would be transformed into a wonderful creative dance that would bring you happiness instead of suffering.



Realise that the mind is not a thing, but a process. It is a process of a ceaseless, continuous flow of thoughts. You perceive this flow of thoughts as mind. If thoughts disappeared, the mind would disappear with them, because the two can only exist together.



Notice that one of the most important features of the way your mind works is that it works in automatic mode. For most of your waking hours, your mind tends to wander either in the past or in the future, your thoughts either dealing with past experiences, grievances, or future goals and fears.



Don't just experience the more conscious life unfolding in the present moment as a recorded role, but surrender fully to the Conscious Space that is emerging in the "Here and Now".



Notice how you go to great lengths to suppress your perceived flaws. However, this approach will only provide a temporary sense of calm and progress. As your attention wanes, the repressed forces will inevitably overwhelm you, negating any previous progress you've made.



Notice that the mind cannot be controlled in the ordinary sense. On the one hand, because it exists only in its functioning, and on the other hand, because there is no one to control it.



Notice that in order to control the mind, you have to step out of it. This may be a surprising statement to you if you have identified yourself completely with the mind and how it works. As long as this identification is strong, you will not be able to step out of the mind's mad dance, but will only suffer the consequences.



Notice the pauses between thoughts and begin to open up to these gateways beyond the mind. For in these pauses between thoughts, the mind is not functioning, it is not there, it simply disappears. What remains is a mindful awareness without thoughts.



Realize that when you are rooted in mindful awareness, only then will you realize that this awareness is permissive of the mind and its workings.



Notice that there is nothing wrong with thoughts and the functioning of the mind. It's useless to fight it, because it's not the enemy, it's just an instrument that works chaotically without control.



Note that you can only truly understand the nature of thoughts and the workings of the mind when you are no longer attached to them and no longer see them as the enemy.



Realize that the mind reveals its secrets only to the lovingly attentive waking consciousness, and then you can see the subtle nuances of the mind, the games it plays and the dreams it weaves.



Notice that your permissive, unattached, alert attentive attitude to the workings of the mind leads to effortless cessation of thinking.



Wake up to the fact that if you stop thinking and stop the ceaseless flow of thoughts, then the mind also disappears, stops functioning.



Notice, when you have found your true self, the alert awareness and you are no longer seeking your self in identification with the mind, then you realize that the thoughts and the mind are not gone, but are just dormant. Your relationship to thoughts and mind then changes completely. If necessary, you think, you use the mind, if not necessary you can put it aside.



Awaken to the fact that through the mind used by waking consciousness, creative energies are flowing out into the world and creating a wonderful harmony in it.



Break away from the psychological time, from the constant preoccupation with past and future, and discover the present, find a home in the calm of the "Here and Now".



Realise that the past and future exist only in your mind, but the fulcrum of your life is in the present, in the "Here and Now".



Don't just experience the more conscious life unfolding in the present moment as a recorded role, but surrender fully to the Conscious Space that is emerging in the "Here and Now".