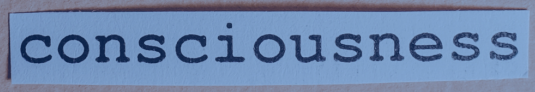
ANGEL'S FRIENDLY COACHING

3 LEVELS OF CONSCIOUSNESS

THE SPIRITUAL AND CONSCIOUSNESS CONNECTION



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| The 3 Levels Of Spiritual Consciousness | What Are They?

The Conscious Level Of The Mind

This is also referred to as the ego. This is the controlled part of our brain where our thoughts are, and all things we are aware of. The conscious part of the mind takes up around 10% occupancy within the mind space.

The definition for consciousness is: 'the state of being conscious; awareness of one's own existence, sensations, thoughts, surroundings, etc.'

That is a very simple statement that seems very easy to understand and makes it seem like there may be no point in continuing, however, it is only simple until you look into what each one of the nouns means:

You can go through several pages on a dictionary website and get almost nowhere on what the word conscious means: Aware, having knowledge, an acquaintance of facts, etc...

Has this helped you in the quest of what consciousness is? If you are anything like me, all it has done is to raise more questions.

What Is Consciousness?

Awareness? Well, we are back to having knowledge and acquaintance of facts again... Let's try another:

- **Existence** – the state or fact of existing; being.
- **Sensation** – the operation or function of the senses; perception or awareness of stimuli through the senses.
- **Thoughts** – the product of mental activity; that which one thinks.
- **Think** – to have a conscious mind, to some extent of reasoning, remembering experiences, making rational decisions, etc.

And we are full circle back to consciousness. Therefore, none of the above can really explain what consciousness is on its own. If we look through the explanations individually and combine some of the words perhaps we can get a better idea?

Is it as simple as 'having knowledge of stimuli through the senses and accompanying mental activity? I don't think so. Surely all living creatures have this level of mental processing. The most basic of a wild predator such as the Ichneumon wasp lave must have these prerequisites to eat their prey.

That leaves think. Reasoning, remembering experiences, making rational decisions...

It has long been thought that only humans have the neurological substrates to generate consciousness, however, evidence is leaning heavily towards all mammals and birds, as well as many other animals that have these substrates.

Are all of these animals capable of reasoning and making rational decisions? Possibly, but to what extent?

Reasoning And Rational Decisions

The reasoning seems to be the first gray area here. Is reasoning, the process of forming conclusions, judgments, or interferences from facts or premises, the decision-maker in being conscious? Or do all animals, no matter their development, not have some ability to know danger from food through the process of forming conclusions? i.e fish from their school keep getting eaten when whales or dolphins are around, so they try to stay away from dolphins and whales.

What about rational decisions? Or sensible choices. Surely even the herring in the school just mentioned are using rational decisions to know they don't want to be eaten. Which, to me, seems a sensible choice.

What This Means
To me, all of the information above does not give us any definitive answer to the question of what is consciousness. All it seems to do is raise more and more questions:

Are humans the only species in the world that have consciousness?
I think that most, if not all animals have this "ability", but what is very possible to me is that there are varying levels of consciousness. Although I also do not think that these levels are like levels in an elevator, more like a "funnel of consciousness":

How far up or down this funnel we or any other creature are, seems to be quite elusive. This is mainly because of Einstein's theory of Relativity. "All things are relative to the observer's viewpoint". That is not a direct quote, however, it does sum up what I am trying to get across.

This is easy to look at in another way other than consciousness first:

How Clever Are You?

Before we start looking through this section I would like to point out that we are not judging!

What is the measure of how clever someone is? Without scientific measure, you may feel that you are reasonably clever, and I agree. But what are you measuring your smarts against?

Is it your child? Surely, being their parent, you know best right? You cook for them, you clean, you tell them when it is bedtime. They come to you for help in situations they feel like they are lacking or struggling. However, talking to my children I often find myself having to use Google to help them with their homework... So I can not be intrinsically more intelligent than they can I?

Is it your brother, sister, or any other family member? Again, you may be older, wiser, and maybe even have better grades than them. Talk to them about their jobs or hobbies. How much about those things do you know? Do you still know more? Probably not, right?

Now that we have looked at the people that you feel you may automatically outsmart, let have a quick look at the other end of the spectrum.

Albert Einstein. No Way You Could Be More Intelligent Than Him, Right? Possibly Wrong...
Can you swim?
Did you pass your University entrance exams the first time?
Could you speak by age 4?
Are you fluent in more than one language? (I personally, am not!)
If you answered yes to any of the above, then you could be considered to be more intelligent than Einstein himself! Even if it is in those specific areas only.

How Does This Relate To Consciousness?

You may now be thinking: "Right, I am more intelligent than Albert the scientist and less than Albert the 10-year-old... how does that work? The answer is: It is all relative.

You are only good at something, or knowledgable at a subject, or physically strong in relation to something or someone else. (Unless you are Iceland's Hafþór Júlíus Björnsson reading this to add a little spirituality into your life).

Everything being relative can be the answer to almost everything. How fast, slow, hot, or cold something is can only be measured against something else that is known. The same must go for consciousness too then. The only difference is that there is not an exact measurement for consciousness, therefore there is no way to say for definite if animals are conscious, or if someone is more or less conscious than yourself.

Conclusion To The Conscious Mind

Can there be a conclusion to something that has no conclusive evidence or facts? Probably not, but I feel like I need to add one to this article, so here goes:

Consciousness is something that can not be seen, measured, or even described with definitive certainty. It does however seem to be what we as humans use to collect all of the data from our senses and turn them into knowledge and memories. We then use those memories and that knowledge to make decisions based on past events of either personal accounts or the teachings from others.

The Subconscious Level Of The Mind

This is the part of the mind where most of the action takes place. It's the place of our recent memories and creates a bridge between the conscious and the unconscious mind. The subconscious mind is in constant communication with the unconscious making you able to tap into it during meditation and using visualization techniques.