

## ENERGIZED CONSCIOUSNESS AND MYSTICAL PRACTICE

The meditations presented are designed to expand the reader's awareness of thoughts, words, and specific actions which in combination energize consciousness. Energized consciousness includes a movement of attention and intention from surface activities and life experiences, and to the development of an inner center. This inner center, *exceeds the small personality and surpasses the limited force and aspirations of the normal life consciousness, the obscure and limited responsiveness of the body*, Sri Aurobindo, The Life Divine, [Wilmot, WI, 1914, 1990, p. 904.

Energized consciousness develops an inner being or center from which Truth is realized, and a person is formed who has an internal strength necessary to *carry over difficult passages as well as to instruct and point the way*. Sri Aurobindo, p. 905.

This inner foundation is the presence of God united with the internal center, influencing thoughts, words and actions. *One must cease to be the surface personality and become the inner person*. The light of the world is experienced as supporting all of nature, and specifically enveloping and merging with in the self. The outer nature is influenced by Spirit to quiet, obstacles disintegrate making it, *possible to pass through to the depths of our being and from the depths so reached, a new consciousness can be formed, both behind the exterior self and in it, joining the depths to the surface*. Sri Aurobindo, p. 904.

Energized consciousness is being in a consistent state of peace with in the self, a consistent flow of the divine Spirit with in the self and from the self, regardless of environmental stimulants. It is knowing within the human being of universal solidity, and expresses consciousness within the holistic self as compassion, genuine generosity, and gentle affection. Energized consciousness offers a difference in sentient experience. This difference is demonstrated by a smoothness, a flow of words and illumination. It is an effortless state of being whole. It is a state of quiet alertness. Energized consciousness offers an exacting quality to information placing that information in a clear context. This state of sentient being in energized consciousness is a feeling of lasting fullness and grace, of being in the immediate. It is a state that renews itself spontaneously, at future times the state of sentient fullness is re-experienced vividly. This state, in fact,

becomes the ordinary state returned to when resting or with focused intention to do so. Energized consciousness is the natural state of being.