



Cosmic Consciousness Introduction

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Cosmic Consciousness - Year 1 Talk 1



U3A Talks

- My Truth - not asking you to change your beliefs
- The Deep Mystery as it is all One
- Ask questions at any time
- Acknowledgements to my teachers



Talks sponsored by the OM Peace
Foundation

Dates of talks

Date	Topic
4 September 2025	Talk 1 – Cosmic Consciousness
2 October 2025	Talk 2 - Science & Quantum Field
6 November 2025	Talk 3 – Oversoul Embodiment
4 December 2025	Talk 4 - Summary so far
25 September 2025	U3a Open day

Format for Spirituality

- Topic(s) and discussion
- Tea Break (c 11am)
- Meditation
- Closing remarks



Purpose of talk

- Ancient Wisdom and Modern Science
- Reflection on deeper levels of consciousness
- And our place in the Cosmos
- Prelude to the embodiment of your OverSoul



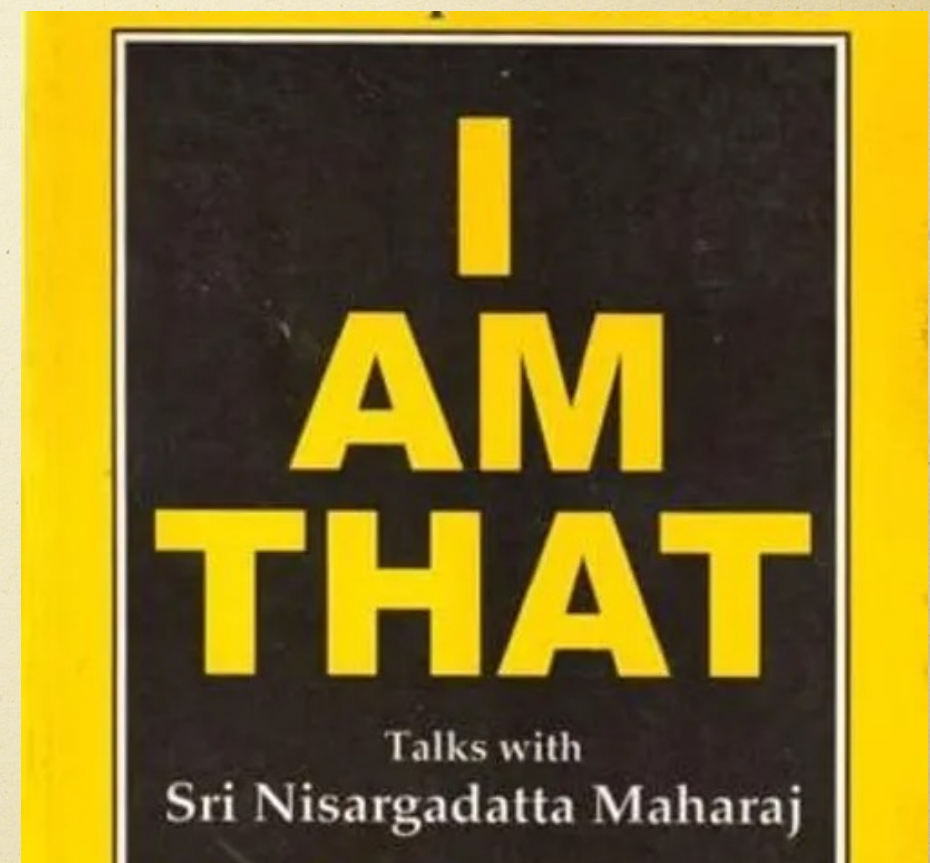
What is Cosmic Consciousness?

- Enlightenment
- The Holy Grail of the Spiritual Journey
- Ordinary Mind (Dzogchen)
- Unity with the Universe
- Who Am I?



Who Am I?

- Deep meditation
- Dogen's methodology
- Nisargadatta I Am That
- Advaita meditations
- Socrates



Tat Tvam Asi

“Know Thyself”

Plato in Phaedrus: *“Socrates uses the maxim 'know thyself' as his explanation to Phaedrus for why he has no time for mythology or other far flung topics. Socrates says, "But I have no leisure for them at all; and the reason, my friend, is this: I am not yet able, as the Delphic inscription has it, to know myself; so it seems to me ridiculous, when I do not yet know that, to investigate irrelevant things*



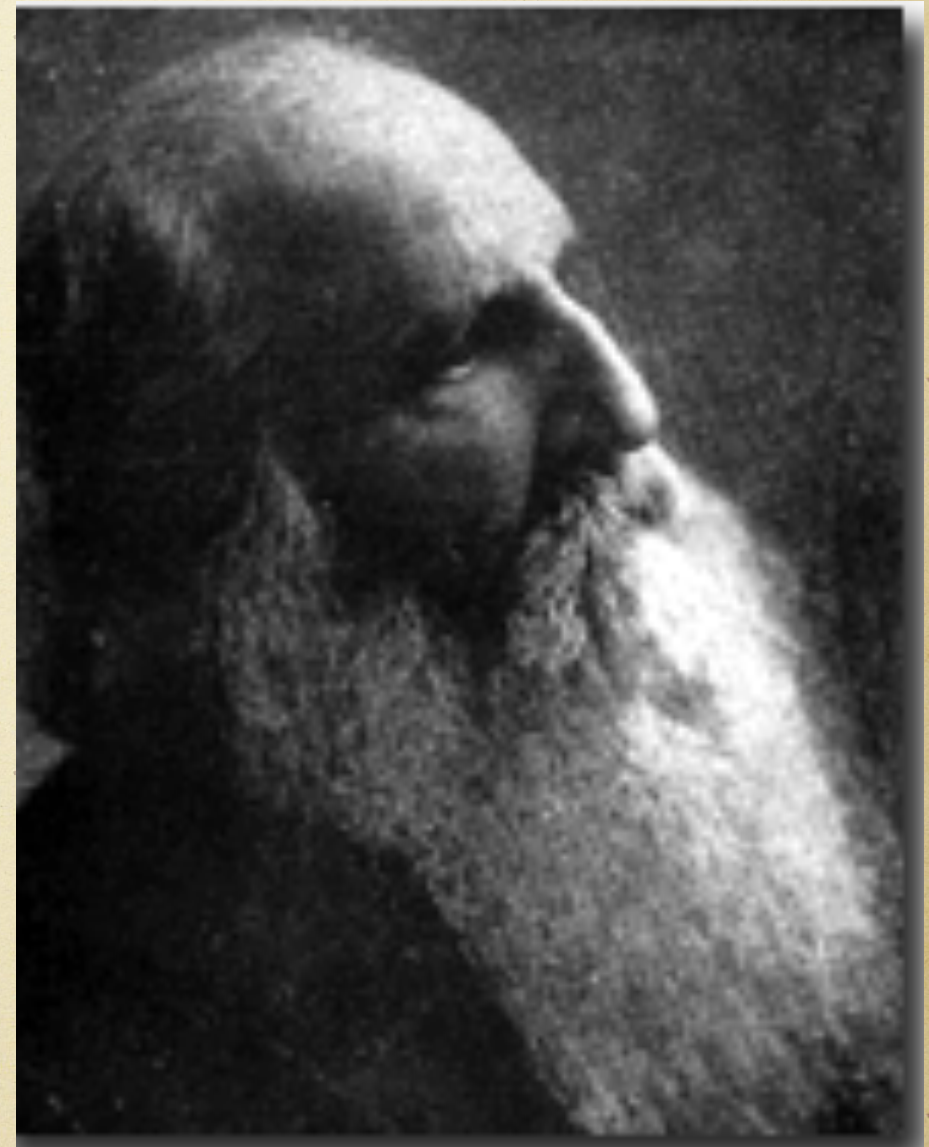
Richard Bucke - 1890s

According to Bucke: "Cosmic consciousness shows the cosmos to consist not of dead matter governed by unconscious, rigid, and unintending law;

it shows it on the contrary as entirely immaterial, entirely spiritual and entirely alive;

it shows that death is an absurdity, that everyone and everything has eternal life;

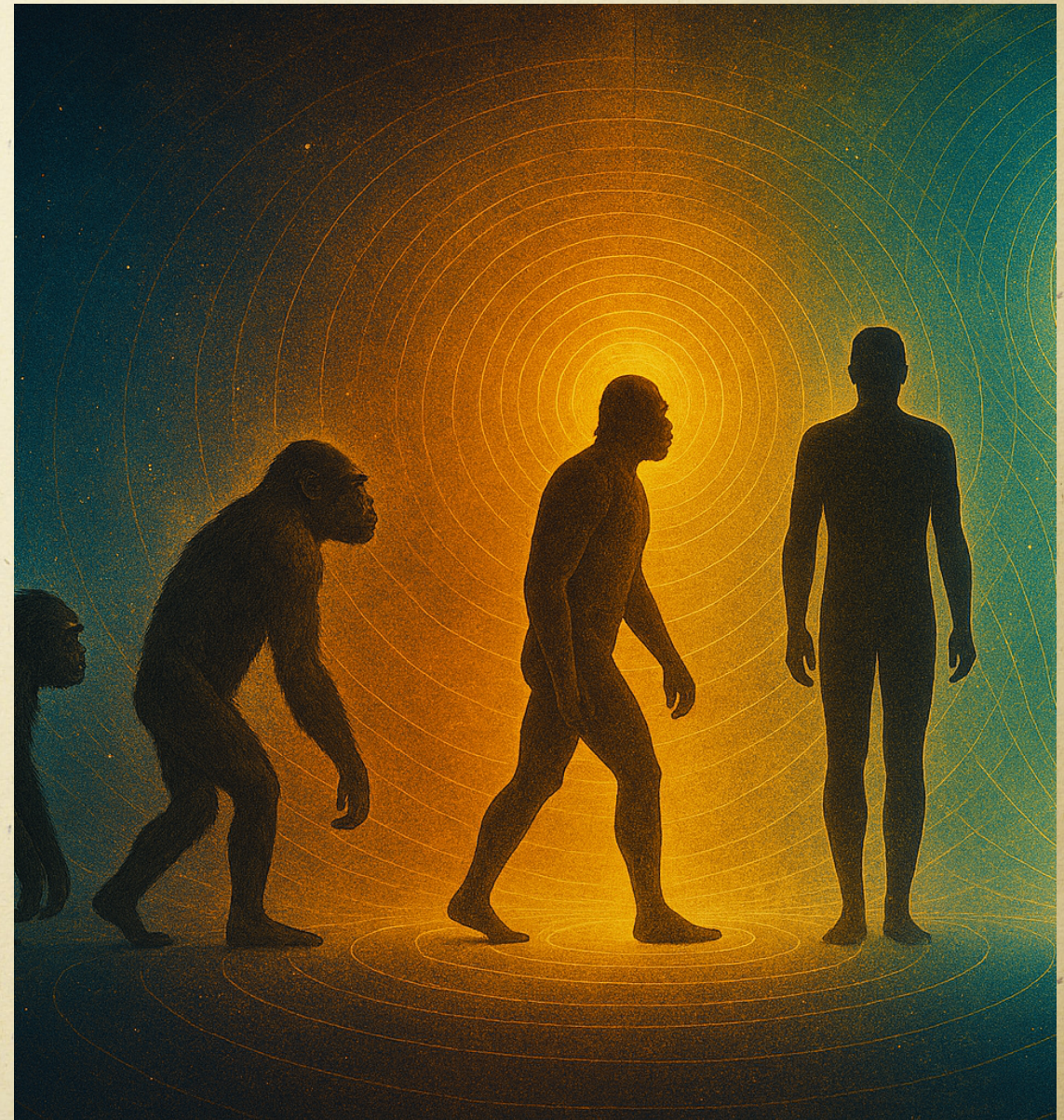
it shows that the universe is God and that God is the universe.



Text & image - wiki

Types of Consciousness

- Basic consciousness
- Animal consciousness
- Human consciousness
 - - Self awareness
- Cosmic Consciousness
 - Unity - Expanded awareness - Samadhi - Mystical



Eastern Traditions

- Vedanta - Atman and Brahman (Self as Universal)
- Buddhism - Emptiness Wisdom and Compassion
- Zen - Dogen (Soto school)



Wiki image c1200

Genjo Koan

Actualising the Fundamental Point

- To study the Way, is to study the self.
- To study the self is to forget the self
- To forget the self is to be actualised by myriad things
- When actualised by myriad things, your body/mind as well as body/minds of others drop away
- No trace of realisation remains, and this no trace continues endlessly



Esoteric & Mystery Schools

- Gnosis
- Altered states - Doors of Perception
- The Magnus Opus - Alchemy (Lead to Gold)



Biggest Block to Cosmic Consciousness

- Victim consciousness
- Mirror Mimic synthetic consciousness
- “Ego” - or identification with the small self



Ascension Event

- Apotheosis of Man
- Raising frequency
- Descent of OverSoul
- Love -(Self Love)



Raise frequency

Map of Consciousness Levels

from David R. Hawkins *Power vs. Force*



NOTE: A person may operate on one level in any given area of life. An individual's overall level of consciousness is the sum total effect of all levels.

Break

- Tea break
- Meditations
 - Contemplation - Who Am I?
 - 144K Mass Med for Planetary Liberation
 - 20 min meditation

