

Cosmic Consciousness Introduction

Bob Ocean

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



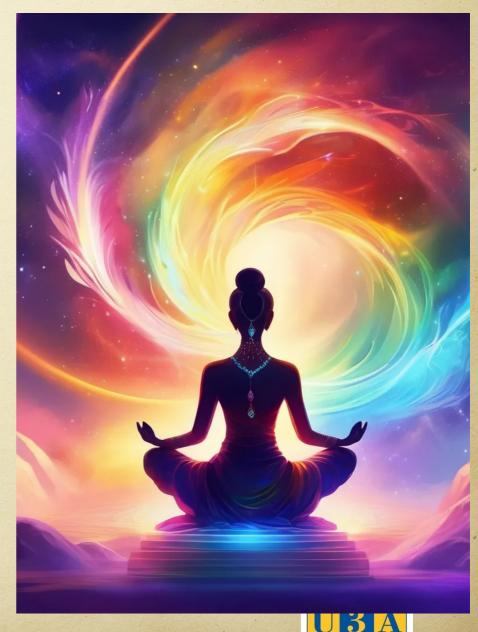
Dates of talks

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

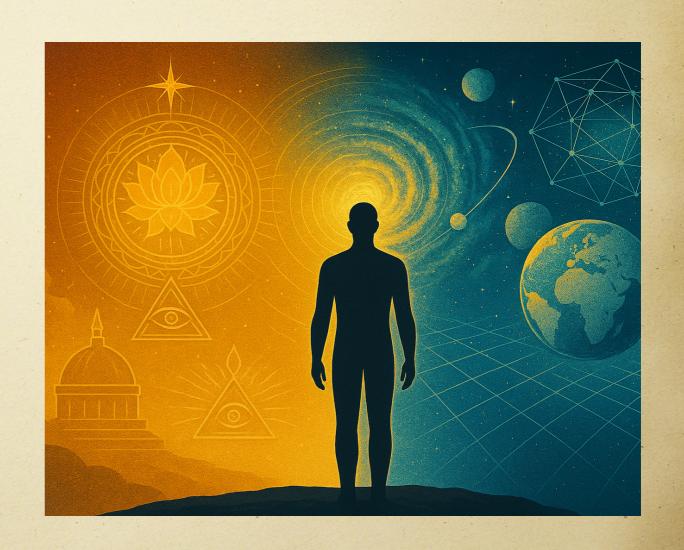
- > Topic(s) and discussion
- Tea Break (c 11am)
- Meditation
- Closing remarks





Purpose of talk

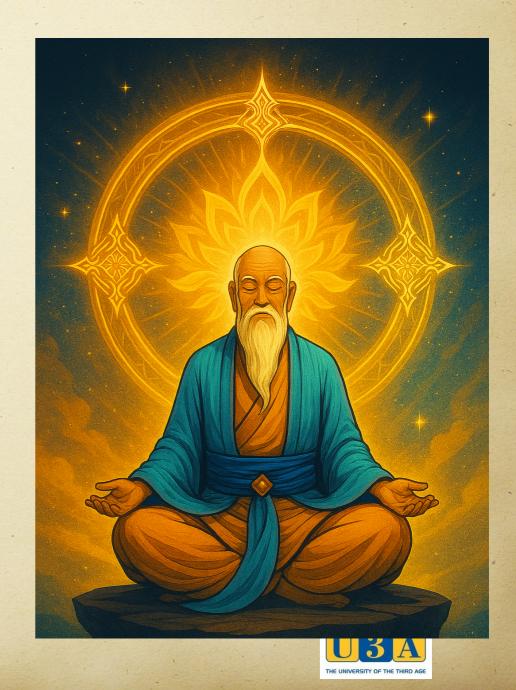
- Ancient Wisdom and Modern Science
- Reflection on deeper levels of consciousness
- And our place in the Cosmos
- Prelude to the embodiment of your OverSoul





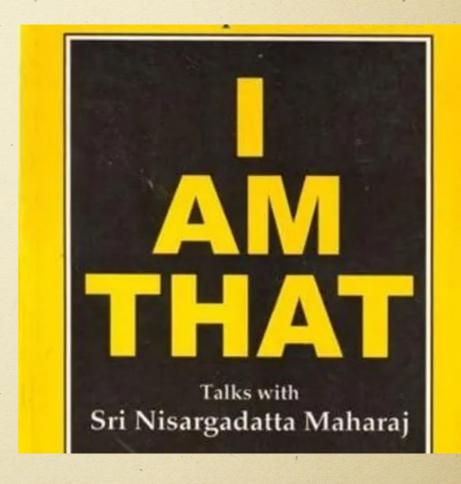
What is Cosmic Consciousness?

- 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





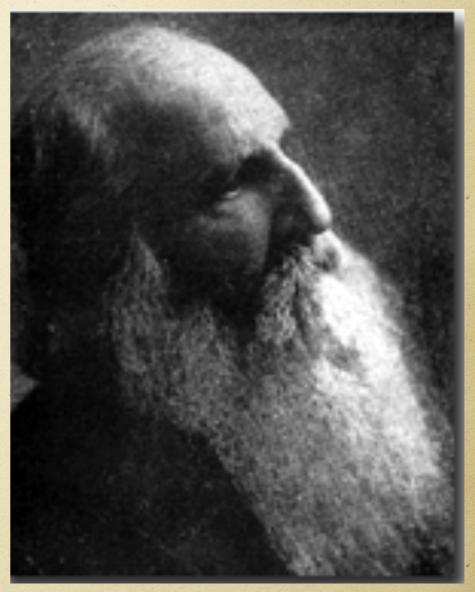
Richard Bucke - 1890s

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.

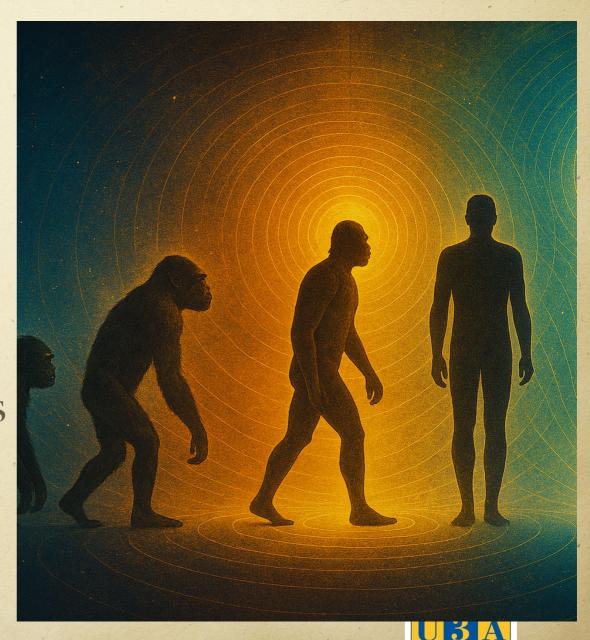


Text & image - wiki



Types of Consciousness

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





Eastern Traditions

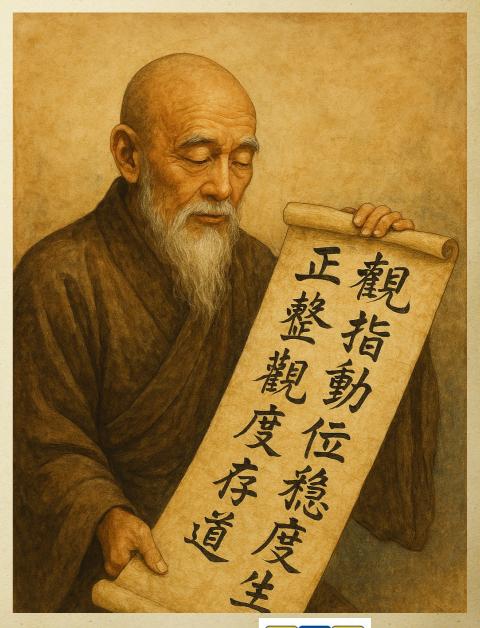
- > Vedanta Atman and Brahman (Self as Universal)
- Duddhism Emptiness Wisdom and Compassion
- Zen Dogen (Soto school)



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

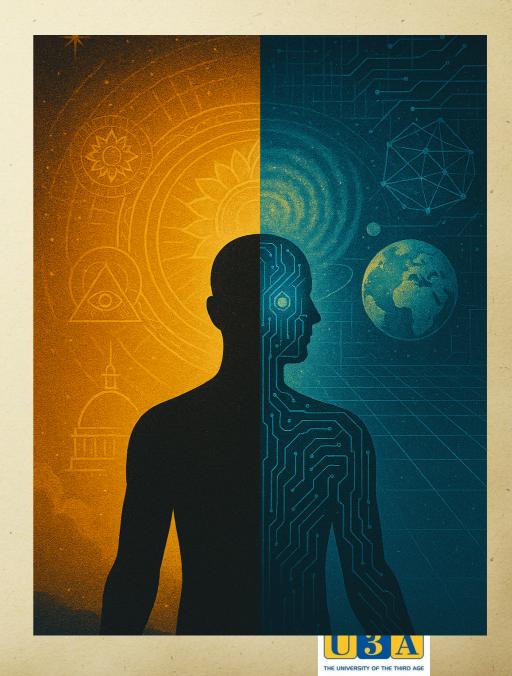
- Sometimes of the contract o
- Altered states Doors of Perception
- The Magnus Opus Alchemy (Lead to Gold)





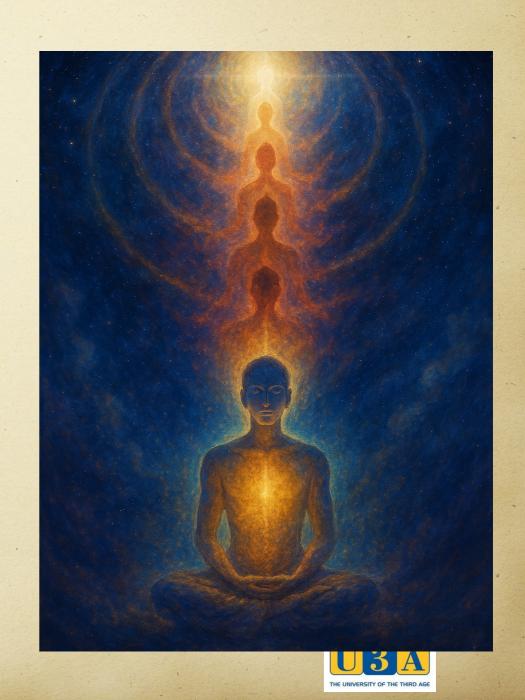
Biggest Block to Cosmic Consciousness

- > 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 100-1000 | ENLIGHTENMENT | Powerful Inspiration | Attractor energy fields that Influence all of mankind | Influence all of mankind | Powerful Inspiration | Attractor energy fields that Influence all of mankind | Influence

540 Realers, Advanced spiritually

600

ativity 500

400

350

310

250

LOVE

REASON

ACCEPTANCE

WILLINGNESS NEUTRUALITY

COURAGE

pride

anger

desire

fear

grief

shame

200

175

PEACE • Transcendence, God-consciousness
• Great contributions to the world
• You have a notable effect on others

Individual will merges into divine will
Effortless / Synchronicity
Purity of motive - from the heart

Intelligence & rationality
 Knowldedge & education

True happiness Intuition

 Major transformation - you are the source & creator of life

Success Growth is rapid
 Overcome inner resistance to life
 Energy becomes very positive

Beginning of inner confidence
 Level of Empowerment

Life is exciting

Worry & Anxiety

Dependant upon external conditions

Hate / Aggression - A moving energy
 Greed / Insatiable

Sadness / Regret & Depression

· Miserable / Humiliation

apathy • Helplessness / Hopeless
guilt • Victimhood / Blame

NOTE: A person may operate on one level in any given area of life. An individuals 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



