

~ AWAKENING INTO AN ENLIGHTENED COSMIC CONSCIOUSNESS ~

Excerpts from the upcoming book by Mira Omerzel - Mirit, PhD, entitled

“COSMIC TELEPATHY BEYOND THOUGHT AND SOUND”
Awakening into an Enlightened Cosmic Consciousness – between Personal Experience and Spiritual Traditions of World Peoples



The enlightenment is also called an awakening or Cosmic Consciousness, which stands for the realisation or awakening into the reality that has previously remained unknown or concealed to us. Through our life experience and spiritual growth, we work our way through to the moment when we perceive the world in a different way: with a lightness of being, we come to know the reality of what we otherwise call unreal or an illusion. With a deep sensation of peace in our soul, we realise we do not have to play our life's game in such a serious, gloomy, impatient, demanding, offended, angry manner ... even though life does not take the course of our expectations and demands ... In short, **we peacefully realise our own game and the roles we play** or have been playing. Our rational argumentations, which have been based on various mental and emotional patterns, views and reactions, lose their hold over us. **We can see through the patterns and all the reasons by which we justify and argument our actions**. We realise the silent game of the mind and the ego, both of which reject changes, but maintain their grip over us. Before we finally experience an awakening, we pass through an awareness which is otherwise rooted deep inside our essence and can be triggered at any given moment. At any moment, it is possible for us to **begin to realise the chattering of the mind wishing to get things done in “the old way” and according to the trained rules**. Wishing for us to think in a way we have been used to. **Wishing for us to continue reacting abruptly, emotionally and in line with the steady patterns**, wishing for us not to see through the absurdity of our whining and indignation.

When we realise reoccurring thoughts and emotional incentives seething from the subconscious and dictating our reactions in line with the steady habits at each moment with a clarity of awareness, we truly move to the other side of the wall. **The wall** can be a symbolic representation of an **invisible inner obstacle or hindrance** that we bump into when we begin to awaken and that actually stands for the barrier between the usual emotionally abrupt reactions and experiences on this side and the clarity of calm awareness on the other side of the wall, which could also be dubbed the enlightened consciousness, the Buddha or Christ consciousness, the consciousness of Wakan Tanka, Lalai, the Source ...

When our voyage takes us to this significant expended consciousness, we enter the suddenly opened door of the recently unbreakable wall and swing ourselves into a different world. **The wall is also a symbol for our inner resistance, it is a symbol for the lack of acceptance and lack of surrender**, a symbol for something that could also mean the **lack of understanding for the moment we are living**. One we are stuck before it, we always have two possibilities: we either confront life's tryouts and impediments and bravely swing ourselves over it, transforming

all the obstacles on the way to enlightenment, or we stop and do not allow the changes to occur in our lives. We get stuck in a world of misery and menace, when we stubbornly persist with all those thoughts, emotions and actions that are not based on the unconditional love of the soul, when we do not see that anger, mourning, criticism and condemnation do not bring us anything good and that we are repeating them like parrots without a clear awareness on the causes and effects of this type of actions. What we understand under the notion clearness of mind is often anyway simply repeating our mistakes and the emotional and mental reactions, condemnations, expectations, explanations, demands ... that we have already chewed over so often and which inevitably lead us into the subsequent re-examinations that **again dictate the repetitions of similar situations in which we could learn that everything we do is uncalled for.** And that we still keep repressed pain inside ourselves. When we see through that and realise the absurdity of our actions, the process of awakening begins. Life is turned upside down when we realise that our emotional reactions, thoughts and actions (causes) condition numerous (mostly unwanted) situations and relations in our lives, as well as the reactions of other people.

We become aware of ourselves - our essence. That immaterial essence which also causes everything material, palpable, miserable in everyday life ... We gain an insight into the way we ourselves create the misery of our own feeling of being threatened and the intolerant reactions of ourselves and others, because we fail to see our own mirror images (others reflect our “flaws”, miseries, deficiencies as in a mirror), our own unconscious cries for help, calling for the transformation of the not sufficiently loving emotions, thoughts and actions, standing in our way towards self-awareness and awakening.

Living in front of a wall is like a repeating old record, which cannot be turned off, because we do not even realise it is playing, repeating itself, showing us an image of our immaturities and deficiencies, which, on the other hand, upset us in a major way! **We blame others, saying, look at what they have done to us,** and are unable to see that we ourselves are the directors of everything that goes on in our lives. We are the directors, the screenplay writers and the main actors of our own drama (life), excellent make-up artists and exceptional costumographs coming up with everyday false images. And we alone create a sound cover made up of lies, pretending, screams of horror and anger, destructive inner inaudible sounds, despair and hopelessness as well as critical thoughts of judgements and condemnations. All of the above are also our cries for help. **And we think that the world “is happening to us”.** However, this is far from the truth. The world is not happening to us, **life follows the scenarios of our own mistakes and reactions.**

The cosmic computer or Divine Intelligence is extremely accurate in bringing our life into the very situations that we need in order to finally realise what we have to realise and to fix it: that all the restless emotions (also called “negative”, even though they are not, they are simply polar ...) are uncalled for, that they drag us into a gloomy world of recurring situations that we would not want to experience again in any way ... However, it is impossible to deceive the great Cosmic Mind that again patiently brings us “hardheaded” another possibility through pain, suffering and a feeling of threat, in order for us to step beyond the wall into peace and enlightenment by responding in a different way. To step from the darkness into the light. The painful and restless situations reoccur to us (for years and years and even lifetimes) only so that we could comprehend, accept, surrender to the moment and to the situations by being aware of the

flow of cause and effect (why like this, what is the reason we are repeating the given exercise ...), so that we would respond without the demanding expectations with a calmness of soul love and the clarity of life's moment. We can see an exercise in every moment, always bringing us nothing but progress in spiritual growth and a possibility of passage through the wall. If we do not see or do not want to see or if these claims seem absurd to us, it means that we are still wandering in the darkness of unawareness or incomprehension of the essence of the life here and now.

When the consciousness is mature, the gaining of awareness fluent and clear enough, the heart open enough, the actions in serving without demands or expectations, the passage occurs - a passage beyond. Beyond life that we call the valley of tears, beyond the world of threat and darkness. With an enlightened consciousness, we will see the sense and nonsense of all the events, situations and relations in our lives and **find ourselves inside the experience of an enlightened life that knows a deep and solid peace we have not been familiar with before, **that knows a wideness of love** which is the foundation of this peace **and an awareness that annuls all distress**. We can finally **see others and their actions in a tolerant way, forgive with utter forgiveness** that which once seemed totally unacceptable and even malevolent to us, **because we realise that everyone stands on their own station on the way to the same destination, on the way to an awakened consciousness**.**

We all play, we all direct our play of life, some with more awareness, some with less, some totally without awareness, some perhaps already with the clearness of an awakened consciousness. We are stepping towards the goal of our existence on Earth. After a tormenting life without understanding and awareness, we can now, in the enlightened awareness, see through darkness with a light inside our soul, as well as **understand, even accept, forgive ...** And finally, through our peace and awareness, **we absolutely effortlessly change our life experience and the environment's reactions in an intensive way**. There are no more disturbing emotions and thoughts! What we once only wanted and never got is finally coming true. Without any special efforts.

A conscious and loving thought is fulfilling our needs and manifesting our wishes, which represent our "phone line with God". Or, to put it otherwise - our mind resonates with the Cosmic Mind and is in line with the divine plan or the earthly and cosmic life pulse, with the earthy and cosmic laws (Earth is but a part of the cosmic vastness) and the moment we are living. It brings us support, protection and a lot more effortless manifestation of life's wishes and goals than in the world we have left behind, a world of unceasing endeavours, unclearness and destructiveness ... The reality from this illusory world of gloom turns unreal and irrelevant and turns into the truth (beyond), which has been inaccessible and unreal to us in the previous unawakened world: **into the truth of the origin of our essence in alliance with the vital energy from the Source**.

Thus, all the burdens and hard experiences turn into one time possibilities that in turn abolish the reoccurring "exams" and "exercises" from the unenlightened world that we leave behind with an awakened consciousness. Even if, after the passage, we still get touched by the chaotic demands of the unenlightened consciousness, we can transcend it in a few minutes beyond the wall and transform it into a clear awareness and acceptance that annuls every threat, demand,

unease, unacceptance, trouble ... **The peace of the enlightened awareness shines through the darkness.** It annuls judgements, envy, jealousy, anger, sadness, condemnations and all convictions we have taken upon ourselves, “got infected by them” or created them in order to justify ourselves and easily condemn others for the unwelcome events in our lives. **Our mind,** which is hiding inside the illusion or before the truth, does not wish to see the connection between the cause and the effect, but instead lies to itself or to us in order to be able to further repeat the unenlightened mistakes. In order for the ego (mind) not to fall apart. **And it wishes to be right at all costs, so we enter arguments and demonstrations,** battles and even wars. If we are the ones who are right and we know it inside, we will without any doubt or fear remain or leave the scenery, relationship, situation ... And maintain our peace. And let others “have their own say”, even if they are wrong, let them remain inside the illusion, if it is still necessary. The enlightened one does not strive to change others. He accepts them and surrenders with ease.

The enlightened one does not need to argue and advocate any reasons and viewpoints, because he has taken responsibility for the goings on, he has seen through his life’s game and allowed a turn of events. The width of awareness has provided him with courage and fearlessness, as well as the cognizance of even the most painful life experience and enabled him to stop accusing and realise his own scenario and direction. In the enlightened consciousness, **feelings of guilt are released** from our lives, as is conscious and unconscious lying and intolerant proving of oneself, feelings of victimhood that are supposed to justify our further repetition of errors. Such a person can also perform a brave **self-sacrifice for the good of the people and the community** in the “battle with darkness”, since **servicing others** becomes a priority to him.

The life experience is recognised by the enlightened one as the true spiritual pulse, he observes and accepts life for what it is, as well as the events and relations within it. All of the above triggers in him a responsibility, which is absolutely necessary in order to pass the wall. This happens when he connects with his spirit, with the soul, with his essence or self, when he sees and understands the chaos of life on this side of the wall and melts with the Cosmic Consciousness (laws/ God), which also connects him with everything in the Universe.

To be the creator or to love oneself and others, to accept and surrender

Surrender and acceptance annul our being stuck into the obstacles on the spiritual path and it is in that way that we truly become the creators of our lives. The unconscious mind in the role of the director gets fired, the job of directing is taken over by our essence, our soul. Some unwanted situations can and usually do reoccur, for we have not yet completed the exercise with perfection, however, the experience and the quality of the experience are changed. It is the same with the promptness of the realisation and the corrections made in order to complete the “exercise” perfectly and thoroughly in every way. The awakened consciousness perceives and understands also the unconscious, it sees through the silent incentives, the causes for our lessons and **surrenders to the teachings with gratitude.** The awakening does not stand for blind following, but an alliance with the ever present Consciousness of the Universe, giving us the will and the power needed for the self-creation of the life experience.

The wish to prove oneself and gain merits is released or annulled, as is the “necessity” to accumulate material possessions, for it is no longer needed, instead, joy and happiness are given their rightful place, along with light-hearted service to others. **It is only then that we become the medium for boons from the Cosmos, bestowed upon us as well as the others.** And talents and possibilities emerge within us that we have never experienced and by which we surpass that which had been known (limited) to us before. We become an undisturbed source of life experience according to our idea (but harmonised with the pulse of nature/Universe/cosmic laws/Divine Will ...) and the agreements, obligations and the loyalty to our goals manifest of their own accord - without the presumption “have to”. We begin to create relations that enable us to grow further in a joyful way to experience ourselves as a limitless being. We self-manifest through the relationship. Either that or the relationships no longer represent a tool for gaining knowledge. If they do, however, they provide cognizance of our own essence, the soul and the spirit. Demands and unloving expectations, addressed to another, make way for the enlightened consciousness. We also gratefully accept any immaterial gift that we receive from another as a support in life. **The way of responding and the need change. The relationships and situations in life enable us to check** how joyfully, with what quality of love and how integrally we are now able to accept life. How we are able to connect to others. Life made up of illusion is turned into a dream.

The passage through the wall usually occurs when we least expect it, most often after the darkness (misery) is most dense (also dubbed “the night of the soul”), when we all but give up, when, due to the trouble encountered, we are already encountering a lack of willpower, a feeling of absurdity, weariness ... However, there is hope within despair. Those feelings are not created by our soul, but by our ego and the not yet enlightened consciousness. The passage to the other side of the wall occurs as an unexpected miracle. **When we overcome our own mind’s chattering of absurdities with the might of the soul.** But when our nose is on that wall, all we wish to do is run away, withdraw, cry over our situation and remain stuck in the darkness forever ... However, the unmistakable wisdom of the soul pulls us forward. Luckily.

If we are able to overcome the chaos of trouble with unconditional love, we will also enter self-awareness, which is self-manifestation or the awakening itself. Once we see through the final and hardest test, then at a certain moment, when the “bubble of experiences bursts”, a **miracle happens:** a calm and entirely different perception of life and experience, a feeling and awareness in a joy of life we have never felt before. **An expansion of consciousness beyond time and beyond space also follows. We feel the time inside eternity, we feel the boundless eternity in a moment. We feel the truth. We feel the connectedness to everything and within ourselves. We feel the love we have never come to know. And thus we become creators in harmony with the existing or the divine will.**

At first, we come to know the experiences of enlightenment momentarily, perhaps only for a few moments or minutes, and we return once more into the experiences of darkness. And if we can muster enough courage and awareness for further lessons, we again swing ourselves into the ravishing moments of the awakened Cosmic Consciousness which again grants us a new gift of experience, a gift pulling us forward and preventing us from giving up: thus we go on for hours, days, months ...

And one day we experience a permanent enlightenment. The oscillation can take even several years, and yet one day we arrive to the final stop. Then we are able to exclaim: **Life is beautiful!** And our being light. All we need to do is go through life with vigilant self-awareness and try to realise in which way we feel and think and what we are doing. To remain awake at all times like the jaguar, to remain watchful at all times as the eagle up above in order to plunder what we have noticed (the weeds of life) and to shed our skin like a serpent to become an ever more splendid (more aware) being. And **not let our restless emotions and (egocentric) thoughts or destructive actions to take us over and control us**, but instead try to surrender to the change, to awareness and to the release of what is hindering us in our self-realisation and awakening: anger, fear, anxiety, despair, hatred, envy, jealousy, expectation, lies, demands, criticism, greed over the limits of our needs or on others' expense, making up false reasons and justifications and triggering feelings of guilt in ourselves and others! **Our feeling of guilt is simply an attempt to justify our actions with ourselves anyway to ensure ourselves a sort of excuse to repeat our mistakes and all of the above.** Because the soul is not yet aware of the limitations and because it still does not understand the laws of life. **And because evil is created out of the unaware**, out of the unaware unenlightened consciousness not knowing what it does, so that we are tossed about like a nutshell by a sea storm, **we can also abolish evil (also misery, indigence, sickness ...)**, when we stop creating it in our lives. We thus also influence personal and planetary evolution of mankind in a self-realising way. **And we do not let others direct their destructiveness towards us.**

We are finally able to truly love ourselves. And because we are in contact with our magnificent soul and its wisdom, we can also share everything with the others and get to love them as well. **Therefore, let us become aware and let life take its course.** Only the self-realised (awakened) awareness is without pain. If it does ache once in a while, however, it is transformed instantly into the calmness of happiness. **Let us also become aware that the troubles in our lives are only present because we do not yet manage our lives with an awakened consciousness.** And if they are here, let us learn from them! Let us not push them away, especially not into the subconscious, because from there, everything that has been suppressed will attract the same painful experiences into our lives by the law of resonance or the principle of like-meets-like. So? Do we still want to remain the unconscious perpetuum mobile? Or are we already capable of taking "our life into our own hands"?

Let us break free of stiffness, let us accept this awareness and observation will become an interesting game of life. Our life will also be free of headaches, body pains, insomnia, stressful experiencing, obsession with material things, time and space and being stuck in our reasoning that is just as unreal in the world of the spirit as our arrogance is. **Let our soul be our navigator**, let our divine essence guide us and bear witness to the essence of reality in our lives. Let us bravely recognise this reality in the material world we live in. The lightness of being without the exhausting efforts to reach the goal will throw grace into our lap along with what is most necessary, best, most harmonic ... for us in the moment we are living. When grace starts overflowing, even the wishes go away. They are not needed anymore! Everything flows and goes on by itself. If they still remain, however, they are not pervaded by restlessness.

Surrender and acceptance are finally brought to life through our actions. The illusion of space-time and the mind is recognised as a deluding element necessary in the past to prolong the playing of our life's game. And we introduce a lot more expanded dimensions of our soul into the time and space levels of our mind, when we become masters of our own lives. As creators, we are creating everything out of nothing (the cosmic base of all potential). We create out of ourselves and our own (unfathomed) possibilities. And we are finally satisfied.

Therefore, let us not resist the learning of life's experiences, let us be flexible in overcoming the emotional and mental patterns of the past and the future will be formed through the Grace of Eternity. The thought of the future will not burden us, nor will the past, but will instead manifest in a time without constraint and demand. We will overcome our emotional and mental debris and realise what we call the divine. We will become exceptionally creative and efficient in the calmness of our mind and emotions and in resonance with all that exists on Earth and in the Cosmos. When we bear witness to our truth, we will no longer worry about what others think. It does not matter! We will be bearing witness to our enlightened truth of the Cosmic Consciousness, which is far from the awareness of the majority anyway, but is yet the only one worth expressing and living. Without violence, justification and substantiating, it will manifest by itself.