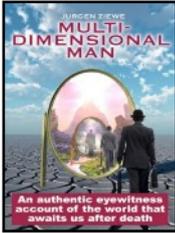


Conscious spirituality in search of truth...



JURGEN ZEIWE: MULTI-DIMENSIONAL MAN AND AWAKENED MIND

Near-Death Experiences, NDE's, Out Of Body Experiences, OOB's, higher dimension connectedness, conscious spirituality, spiritual transformation experience, STE, could each act as precursors to an awakened mind. Artist, author, STE experiencer Jurgen Ziewe believes all of the above occurrences contribute to increased levels of conscious awareness.

Zeiwe has experienced four decades of "journeying" into astral-etheric realms and he suggests these practices are part of our life experience on earth. In his seminal book "Multi-Dimensional Man" along with similar articles, books, and other literature on his website lay testament to this phenomena experience. In context, these spiritual transformation experiences, STEs provide an inspiring awakening practice for seekers of Truth to explore. An article extract from Zeiwe's website STEs follow.

—Philip Crouch, Tasmania, 2020

JURGEN ZEIWE: "WHAT IS AN AWAKENED MIND?"

'The term Awakening has been widely used lately to describe the phenomenon of a spontaneous change of consciousness. **Awakening can be described as a realisation that there is a higher dimension of reality which is rooted in a universal consciousness of unity.** Such a realisation is inevitably accompanied with a heightened positive emotional state, invoking feelings of joy, connectedness, outpouring of love and frequently intense ecstasy.

It often has a lasting effect on the life of the experiencer, but it can also take a lifetime to integrate such an experience into our everyday lives. There can be a number of triggers for STEs [Spiritual Transformation Experiences] or for such sudden change in consciousness to occur, such as a near-death experiences, drugs, shock, trauma, intense appreciation of beauty or involuntary or intentional raising of the Kundalini energy, which can be the result of a prolonged meditation. A spiritual awakening often has a lasting and transforming effect on one's life.

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There is a great difference between *awakening* and leading an *awakened life*. People who had an *awakening* experience or STE often feel like exiles after having experienced that their **true home lies elsewhere**. But once our awakened lives have become the status quo we are no longer interested in leaving this world in favour of some spiritual heaven, because this world will have become our true home, perhaps for the first time. Our focus of attention is shifted.



JURGEN ZEIWE: KEY CHARACTERISTICS OF AN AWAKENING MIND

- (1) Attention is focused on the present moment
- (2) Enhanced sense of reality and increased discriminatory powers
- (3) Persistent feeling of being “Home”, regardless of where we are
- (4) Enhanced aesthetic appreciation
- (5) Spontaneous peak experiences in everyday life
- (6) Enhanced empathy with fellow men
- (7) Non judgemental attitude
- (8) Increased creativity and joy in engagements which benefit others
- (9) Awareness of a benevolent presence, which may be referred to as “God,” “Higher Self,” “Guardian Angel,” or simply of a universal consciousness
- (10) No fear of death.
- (11) Detachment from conflicts and enhanced modes of dealing with them.
- (12) Dreams are more coherent and often lucid
- (13) Lack of attachment
- (14) A feeling of Sovereignty over ones life and destiny
- (15) Indifference towards roles in society, such as status, acclaim, fame, position, wealth



- (16) Authentic, accessible, benevolent, empathic, sense of humour, tolerant, perceptive,
- (17) Purposeful and rewarding relationships without attachments or dependency
- (18) Perception that every moment is new. Reality is not seen as repetition even though apparent repetitive events occur.
- (19) Disinterest in psychic abilities although they may arise
- (20) Disinterest•in•following•a•“spiritual”•path
- (21) Regarding dream life as important as waking life and visa versa.
- (22) Modest and content with the ordinary
- (23) Impartial, detached, peaceful, objective
- (24) Ability to adapt and experience any viewpoint from the viewers perspective.
- (25) Not considering themselves as enlightened

JURGEN ZEIWE: HAVING AN INTEGRATED SPIRITUAL TRANSFORMATIVE EXPERIENCE

THE RISE OF PRESENCE—

Technique for integrating STE [Spiritual Transformative Experience]via anchoring and the awakening of the Presence: It is possible to integrate our experience into our life so it becomes a daily experience rather than a distant memory. To do this we need to gradually change our neural wiring by—activating—our—right brain—hemisphere. It's via the right brain hemisphere that our “ Silent•Companion”described in the next part, emerges. **Meditation** facilitates this. A special technique for STEers [Spiritual Transformative Experiencers] is described below.

- (1) **Chose a time of day** when your mind is at its most alert. Early morning perhaps,after a good rest is ideal.



- (2) **Find a comfortable position on a chair** or whatever suits you best in a quiet place. Relax your whole body, use a binaural sound track if necessary.
- (3) **Once you are relaxed watch your breath rising up your spine** from its base to the top of your head.
- (4) **When breathing out recall and re-experience your STE**, [Spiritual Transformative Experiences]at the same time experience the intense love and surrender completely to your visualisation. With practice you should be able to re-experience your STE.
- (5) **Repeat** the process for 15 minutes or so.
- (6) **At the end rest** in the feeling and open your eyes.
- (7) **Connect the feeling** to everything you see. Feel the “presence” of the light in everything you see.
- (8) **When you wake up in the morning, right after opening your eyes**, lie still and connect the presence to what your eyes see.
- (9) **Find an anchor. For example, whenever you walk through a door**, recall the feeling achieved during your exercise remembering your STE. Using doors as anchors experience each door as an opening into a higher dimension. Feel the Presence.

Like all content on this [website](#) these articles are primarily based on observation and not taken from any outside sources except where indicated. It does not claim to give a full comprehensive account on the subject and our social identifications and directs it towards the *Present*.



Suggested resources:

What Is an Awakened Mind, website introduction and,
Multi-dimensional Man, book, Jurgen Zeiwe

[http://www.multidimensionalman.com/Multidimensional-Man/What is an awakened mind like.html](http://www.multidimensionalman.com/Multidimensional-Man/What_is_an_awakened_mind_like.html)

https://www.youtube.com/watch?time_continue=44&v=Czec00Xxxq4&feature=emb_logo

