

Conscious spirituality  in search of truth...

Awakening Selection 2020

The spiritual journey does not consist of arriving at a new destination where a person gains what he did not have, or becomes what he is not. It consists in the dissipation of one's own ignorance concerning oneself and life, and the gradual growth of that understanding which begins the spiritual awakening. The finding of God is a coming to one's self.

— Aldous Huxley



JURGEN ZEIWE: MULTI-DIMENSIONAL MAN - AND AWAKENED MIND

WILLIAM BUHLMAN: OUT-OF-BODY EXPERIENCE, OOB

RESHAD FIELD: THE LAST BARRIER-SUFI TEACHINGS

HUGH BROCKWILL-LIPMAN: SEARCH FOR TRUTH

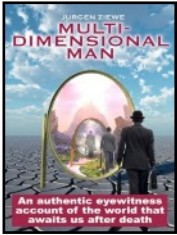
VICTOR ZAMMIT: AFTERLIFE REPORT- SPIRITUAL AWAKENING

JOSEPH CAMPBELL: THE HERO WITH A THOUSAND FACES-12 STEPS

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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

[LINK TO AWAKENING INDEX](#)



Conscious spirituality in search of truth...



WILLIAM BUHLMAN: OUT-OF-BODY EXPERIENCE, OOBE

Near-Death Experiences, NDE's, Out- Of- Body- Experiences, OOBE's, higher dimension connectedness, conscious spirituality, personal transformations, and similar experiences contribute to being a precursor for an awakened mind.

The Robert Munroe Institute, an American based organisation offers online tuition and related literature resources towards assisting people wanting to experience an OOBE. According to William Buhlman one of the institutes OOBE trainers, there are nine simple steps that people can follow when 'consciously' trying to achieve an OOBE. Buhlman calls this program "The Early Morning Method." (1)An explanation of what is an OOBE and (2)Buhlman's 9 step program for having an OOBE follow.

—Philip Crouch, Tasmania, 2020

WILLIAM BUHLMAN: PART (1) BASICS OF 'OUT-OF-BODY EXPLORATION

"We are a spiritual (nonphysical energy) being temporarily using a biological body (vehicle) for experience and expression. Since the physical body is a temporary vehicle, it is only natural for us to be able to separate from it and experience our nonphysical self.

Out-of-body experiences are the normal shift or transfer of awareness from our physical body to one of our higher frequency energy vehicles.

We are simultaneously using and controlling multiple energy (frequency) bodies. Each of these energy vehicles exist at a distinctly different density and vibrational frequency. Ideally, all of our energy vehicles work in harmony to assist in our personal development.

Each individual vehicle of consciousness is necessary to perceive within its unique frequency of the universe. To experience matter, we must have a vehicle of matter. To consciously perceive and experience the higher (less dense) vibratory dimensions, we must consciously be using the appropriate energy vehicle.

We are the creative source of our reality and our experience. We create our individual reality by the way we focus and manage our personal thought energy. This principle applies to all energy levels of the universe. What we experience has been influenced, arranged and manifested by our conscious and *subconscious* thoughts.



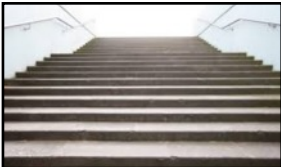
SELECTING YOUR TECHNIQUE

One of the most important decisions you face in out-of-body exploration is the selection of the technique on which to focus. In general, if you can visualize well, then concentrate on the visualization techniques. Select the technique which is most comfortable for you and stick with it.

If you have difficulty visualizing, then concentrate on the affirmation techniques. Keep in mind, the target technique has proven effective for many people who have claimed poor visualization skills. I believe this is due to the physical “walk-through” which can be repeated until the internal imagery begins to appear. **Many people find it easier to visualize an object or location in their home than anywhere else.**

Don't underestimate your abilities, when you are open-minded to new experiences and perceptions, they will occur. On many occasions during my workshops, people have told me that they can't visualize at all. I have found that when people verbally request the ability and begin to practice with an open mind, they experience a rapid enhancement of their natural abilities. When choosing your techniques, remember to be both flexible and patient.

WILLIAM BUHLMAN: PART (2) THE EARLY MORNING TECHNIQUE NINE-STEPS



One of the best times to induce an out-of-body experience is **early in the morning after two or three R.E.M. periods** (three to five hours) have passed.

During sleep every ninety to one hundred minutes we enter a dream period commonly called Rapid Eye Movement or **R.E.M.** Our eye movement during sleep is physical evidence that we are entering a dream or, in some cases, other forms of altered states of awareness. The scientific correlation between **R.E.M.** periods and out-of-body are yet to be confirmed, however, individual reports linking the two are commonplace.

The following technique is very effective, but it does require a degree of self-discipline. Many have found it worth the additional effort.

- (1) Set your alarm for approximately three to four hours of sleep.** After you awaken, move to another area of your home such as a recliner or sofa.



- (2) **As you become comfortable in your new location**, select your favorite out-of-body technique. Completely relax and begin to do your affirmations and/or visualization technique. Repeat your affirmations, first verbally, then silently to yourself.
- (3) As you become more relaxed, focus your complete attention upon your affirmation and away from your physical body. As you drift to sleep, attempt to boost the emotional and intellectual impact of your affirmations as much as possible.

With increasing intensity, make your last affirmations before sleep a firm, personal, commitment - to have an immediate out-of-body experience. It's important that your last thought before drifting into sleep be your out-of-body affirmations. As you do this, feel completely open to receive your request immediately.

- (4) Remember to focus all of your thought and emotions into the affirmations. Your intensity and personal commitment are most important.
- (5) This technique is highly effective. Many people report an out-of-body experience immediately after they drift to sleep. If you have the time, this technique can be repeated several times before morning. During the first few attempts, you may just drift to sleep; however, with repeated practice, this technique can provide dramatic results.
- (6) If you are having difficulty developing your visualization ability, I would highly recommend this technique as your best alternative. It is one of the most powerful methods available and does not require visualization skills.
- (7) I believe the effectiveness of this technique has little to do with the time of day, what's really important is your mental state. After three to four hours of sleep, our body and mind are partially refreshed and also completely relaxed. This mind awake - body relaxed state of awareness is the ideal starting point for any technique used in out-of-body exploration.
- (8) The following experience is the result of this technique.
After approximately four hours of sleep, I awakened unexpectedly and decided to get up and read.



On an impulse I started to write some out-of-body affirmations. After fifteen minutes of writing, I began to feel extremely tired. Selecting two affirmations, I continued to repeat them to myself as I relaxed on the sofa.

- (9) I continuously repeated these affirmations as I drifted to sleep. “Now, I have a fully conscious out-of-body experience. Now, I’m out of my body!” I focused all my energy into each affirmation, making every effort possible to make the affirmations my last conscious thoughts as I drifted to sleep. The following experience occurred at 3:15 A.M. immediately after my physical body dozed off to sleep.



Suggested resources:

William Buhlman - Out-Of-Body Experiencer,OOBE Trainer, Literature ...

<http://www.astralinfo.org/astral-projection-methods/>

Robert Munroe Institute

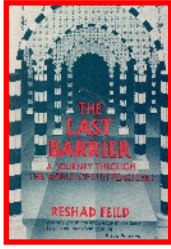
<https://www.monroeinstitute.org/>

Robert A Munroe: “Far Journeys” OOBE e-Book,

http://blog.hasslberger.com/docs/Far_Journeys.pdf

[LINK TO AWAKENING INDEX](#)





RESHAD FIELD: THE LAST BARRIER-SUFI TEACHINGS

For seekers of Truth and probers, the age-old question of “Why Am I Here” (on this earth) is frequently discussed, meditated, reflected upon and discussed. Answers to this question may depend on our state of consciousness development existing at the time. Reshad Feild provides one possible response as based on his experiences through the world of Sufi teachings.

In “The Last Barrier” and in context of an awakening mind Feild takes you on a spiritual and philosophical journey using the processes of an inquiring mind seeking answers. Feild’s book was given to me in 2019 by Hobart friends Alwyn and Laurie Lewis for my home resource library. After reading this work I was particularly interested three areas (1) the notion of an interconnectedness to the question ‘why am I here,’ (2) conscious suffering (3) self-awakening. An extract from this book follows.

– Philip Crouch, Tasmania, 2020

RESHAD FEILD: THE LAST BARRIER – “WHY AM I HERE?”

“This classic work by Reshad Feild, one of today’s best-known Sufi teachers in the West, tells the compelling story of his journey into an ancient and powerful spiritual path. Starting as a London antique dealer, Feild comes into contact with the enigmatic Hamid, a Sufi teacher who leads him into a world of mystery, knowledge, and limitless love. On his journey, which takes him to the mystical sites of Turkey, Feild is forced to confront his own inner weaknesses and falsehoods.” [Bio cited: Amazon Books].

[PP: 118-119] THE LAST BARRIER

“The sheik was silent for a moment. Then he said, “I will tell you a story. If you can understand it, you will have the answer to your question.” **In the beginning of time there was the word, and word was spoken by God, and the word was ‘Be!’** From that moment everything started to come into being. In that moment all creation that would ever be, simply was, and in that word was all that was necessary for everything we see to come about, and for us to see beyond this world into the real world. So in the beginning is everything.

Yet what you see here and now is not the real world, and what I say to you, if you listen to form the words, is not real either. If on the other hand, you listen to the sighing of the wind, you will hear the message of truth. If you send your message on the wind, then sooner or later someone will be attentive enough to pick it up.



You cannot necessarily know who will hear; and yet, in Reality, there is only Him, and so it is He Himself who hears the message, and it is He Himself who sends it. Now listen to the sound of the wind.” The Sheik put his fingers to his lips and the room grew very still. “Listen,” he repeated, and you will hear the carrying sound of **telepathy.**”

Gradually the room filled with sound—the sound that began all sounds. It was the sound of “*Hu*,” and it was the sound behind the wind. It was everywhere. I was not searching anymore. The sound carried the search, and message itself was the sound “*Hu*.”

The art of transmitting an idea from one person to another across space is just another subtle form of language, and all language comes from the first command of God when he brought the world into being. That is why the Dervishes had laughed at my question.

It was not a matter of whether Hamid had heard of the Shaikh at all; that was not important. What was important was that we were together all of us, and the mystery behind all of this was not the key that would unlock the door. The moment itself would unlock the door. Although I asked a question about communication, what I really asked was, “**Why am I here, please,**” and so the answer could be given in the way that it was.”

RESHAD FEILD: UNDERSTANDING CONSCIOUS SUFFERING

[PP:162-163] THE LAST BARRIER

‘The more we think that we can do anything, the less we realize our complete dependence on God, and the worse the pain becomes. “And you, my friend, are particularly obstinate.” As he smiled at me I felt I understood the basic simplicity of life, and the complications that we create in running away from the essential self.

Hamid continued, “**Finally there comes a time when you are so in love, so absorbed in the presence of God, that you welcome all that you are given, for you know that it come from the One Source of All. With this different understanding, suffering becomes conscious.** This conscious suffering is not the same pain; nor does it mean enjoying pain, or believing that suffering must be good for you because it hurts. Conscious suffering comes about in the knowledge of what is necessary for the reciprocal maintenance of the planet.



This earth was created for mankind, and we are responsible for it. The world needs certain kinds of food in the same way that we do. It needs the rain and the sun and the seasons to that it many bring forth fruit, **and it needs other types of energy that mankind does not yet understand.** “Whenever anyone does come into true knowledge, a certain type of energy is released, made available for this great process of reciprocal maintenance.

Normally this energy is released in sufficient quantities only during **moments of great crisis**, and particularly at the moment of death. But now we have reached the point in life of the planet when we must learn to die to ourselves each moment, to be reborn each moment, to live and die consciously, so that the earth may continue to evolve.

I hope that someday you will come to understand what I am saying. Now, though we must go onto other things. “I think maybe it’s time time for me to go away and try to absorb some of what I’ve been given in these past few weeks. I feel that I just cant take in any more right now.”

“That is one of the reasons,” he replied, but there comes a stage on this path when it is necessary to make the sacrifice of dependence on the teacher. **The job of the teacher is to lead you to turn, once and for all, to God from whom everything comes. The teacher you find on earth is just a manifestation of the One who teaches all.**

But if you become dependent on the form of life then there is no chance of true understanding. And because it has been necessary for you to go through such a tremendous amount in a very short time, there is the added danger that you might find yourself that you were dependent on me. That is the dangerous trap, because really I am not here at all. **Never forget there is only one Teacher!**



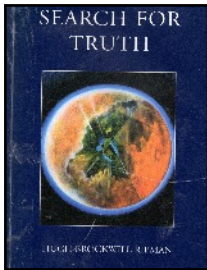
Suggested resources:

The Last Barrier - Reshad Field: A journey through the world of Sufi teaching, 1976, Harper and Row Inc, USA ISBN: 0-060625886-4: [PP118-119 and PP:162-163].
<https://www.amazon.com/last-barrier-Reshad-Feild/dp/0060625856>

[LINK TO AWAKENING INDEX](#)



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HUGH BROCKWILL-LIPMAN: SEARCH FOR TRUTH

Philosophically and spiritually the “search for truth” is a never-ending quest for seekers, or probers of Truth. In the 19th century, G.I Gurdjieff a renowned Russian philosopher and spiritual teacher was promulgating ‘inner awakening teachings’ to be later shared globally. Hugh Brockwill-Lipman a former student of Gurdjieff was responsible for bringing “the Work” to America, where it was shared with willing students.

The essence of Gurdjieff’s teachings states “the work is giving up one’s fantasies converting one’s energies into something higher thereby awakening individual inner experiences to discovering the relationship with everything in the Universe.” Simplified, that statement could be interpreted as just ‘being present in the ‘now’ realising that the centre of gravity is always within your inner self.’ The “Search For Truth” was given to me by friends Alwyn and Laurie Lewis in 2019. After reading the book, which included references to Ouspensky who was also a former Gurdjieff student, the question of ‘Who Am I?’ is pondered. An extract from Gurdjieff’s teachings as taught by Brockman- Lipman includes Gurdjieff’s ‘ten rules of abstention.’

–Philip Crouch, Tasmania, 2020

HUGH BROCKWILL LIPMAN: BACKGROUND EXTRACT

‘Thanks to the work of Hugh Brockwill Ripman, the Gurdjieff Society of Washington, D.C. has been a presence in this area for more than fifty years. As early as 1948, he brought here the seed of the ideas, and the intent to gather individuals interested in exploring them. His vision, initiative, generosity, and unstinting hard work resulted in what he called a “Center,” a collection of study groups offering opportunities to work according to the ideas brought by Mr. Gurdjieff. Mr. Ripman directed the groups here until his death in 1980. His wife, Mildred Ripman, carried on with this responsibility until her death in 1997. Their students continue to work together, in conjunction with other study groups throughout the world.’ [Cited: *Gurdjieff International Review*]

HUGH BROCKWILL-LIPMAN: “SEARCH FOR TRUTH” OUSPENSKY

[PP:56-57] HUGH BROCKWILL-LIPMAN ON ‘OUSPENSKY’

‘The experience that I was now gaining, by trying to help other people to understand the ideas of the system, gave me many opportunities to see how each idea could be approached from many directions. Someone asked me a question. I gave an answer that I knew from my own experience to be true.

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But it was clear that this answer did not satisfy the questioner's need to know. I saw more clearly why **Ouspensky** had often asked those who questioned him. "Why do you ask this?" Every question had many answers, all of them correct—but none of them complete. If someone asks you how to paint, you must know whether he wants to paint a house or a picture of a house, whether to paint a picture in oils or water colours.

It was also useless to give an answer which assumed that the questioner had had some experience which he hadn't. If a man asks you how to mix glue, and you tell him to add water until the mixture is about the consistency of the sap that oozes from a rubber tree, he is no wiser if he's never seen and felt sap ooze from a rubber tree.

There was another trap: the difficulty of answering "I don't know." Someone asked me a question. If I had been honest with myself, I should have replied, "I don't know." However, it was often easy to produce an answer that made sense and was perfectly true—but it was not the answer to that question; it was the answer related to the question.

I made innumerable mistakes and gradually learned from them. Often, under the stimulus of a question, **new understandings crystallised in me**; I saw connections between things which I had never seen before. I gradually learned to speak more simply. I learned, too, that a vivid example often struck home and remained in memory much better than an explanation that was clear but general. I learned the value of anecdote and parable, of symbol instead of label. Above all, I learned that my function was not to do other people's thinking for them, but to find ways to make them think for themselves.

BROCKWILL-LIPMAN: PLEDGE OF GOOD INTENT-10 RULES ABSTENTION

[PP:100-101] THE TEN RULES OF ABSTENTION IN THE INITIAL TRUTH

According to the Heavenly Truth, all those who leave their families in order to rise above the ordinary level must have had divine relationship, and can thus ascend alone above the mass of people. If they can be mindful from beginning to end and scrupulously practice meditation, their whole family will enjoy happiness in abundance: as a nine story building will grow from a heap of earth, and a journey of a thousand miles will start with one step. In the end success will be achieved, virtue will be perfected, and the flight to the above accomplished in broad daylight.



Therefore it is befitting to observe the Rules of Abstention in the Initial Truth at the time of Initiation. There are ten such rules. You shall observe them.

Rule No. 1 You should not contrive by stealth and scheme in secret to ruin others for your own profit. You shall do good unobtrusively and shall lose no opportunity to help all living things.

Rule No. 2 You shall not take life to satisfy you appetite. You shall treat all sentient beings, down to the insect, with mercy and loving kindness.

Rule No. 3 You shall not pollute the purity of the spirit by indulging in adultery or debauchery. By chastity you shall avoid sin and wrong doing.

Rule No. 4 You shall not frustrate the success of others, nor disunite their families. You shall assist others in the spirit of Taoism to unite in harmony the different branches of their family.

Rule No. 5 You shall not slander and injure wise and good men, not flaunt your talents and glorify yourself. You shall praise the ability and good deeds of others, and shall not brag of your own achievements and skills.

Rule No. 6 You shall not drink beyond your capacity and eat meat on forbidden days. You shall govern your temper and discipline your character, and devote yourself to purity and non-attachment.

Rule No. 7 You shall not be avaricious and profit without bounds and pile up wealth without almsgiving. You shall be thrifty and distribute gifts to the poor.

Rule No. 8 You shall not associate with bad men or live in vicious quarters. You shall esteem those who are wiser than you and rest in purity and humbleness.

Rule No. 9 You shall not be disloyal, unfilial, inhumane, and unscrupulous. You shall discharge your duties towards your superiors and parents, and be sincere and honest with all people and all things.



Rule No.10 You shall not be thoughtless in speech and laughter and behave deceitfully. You shall be cautious and discreet, and virtue shall be your constraint.

If you can observe the ten Rules from beginning to end without fail, you will be blessed by the powers that rule in heaven, and receive divine help ...

HUGH BROCKWILL-LIPMAN: “SEARCH FOR TRUTH” SELECTED WRITINGS

[PP: 103-106] INNER CAPACITIES AND REFLECTION

In this place in my inner country, other memories come to life. I remember the hours and days in adolescence when the doors of sense stood wide open, and impressions flooded in with an almost painful intensity; when something in me strained to hear the voice of the living mystery which I felt lying behind the world around me; when that mystery seemed on the verge of speaking to me and telling me its secret.

And I remember how later, I began again, this time as the result of conscious effort, to quiet the clamour that closed the doors of sense, to taste for moments and minutes the vividness of everything around me, and again to feel the presence which lies behind it. And how it was given to me, after great struggle culminating in a submission which had in it nothing of resignation, to pass the threshold and to plunge into the mystery and to know bliss which cannot be described.

And I remember how I learned not to try and achieve such an experience as this by effort—**for such an experience is given, not achieved**—but to know the paths in my inner country that lead me above the level of self-abasement or self-complacency to the place where I love what I know to be good and hunger for it, and hate what I know to be bad; where I love for hunger and true life, and hate this living death; where there can be no despair, but always a fresh determination in the face of failure.

And I remember the taste of inner peace, and the lightness of self-imposed burdens, the strength of shared effort, the simplicity of being liberated from hope and fear about appearances, the companionship of friends in a common adventure.

In that state I do not feel myself to be at one. I am not satisfied with the child who is in me, but neither do I despair of that child. I know the direction in which I wish to go in my life.



I know that the child can grow up and become a man. I know that the sense and aim of my life lies just in this: that the child should become a man. **And I am grateful in my heart for what I have been given.**

HUGH BROCKWILL-LIPMAN: ZEN-AND “WHO AM I?”

[PP: 224-225] UNDERLYING FEARS

I told her something about the work on fear we have been doing. She was quite interested. When I said that it appeared **that with most people all the superficial fears were only symptoms of the underlying anxiety about who one was**, and the basic fear that if one peeled all the skins off the onion nothing would be left—so that people were always compelled to seek acceptance, appreciation, praise, etc to bolster their pictures of themselves, she said: “Poor things—they have to face, like our students, the basic question, **Who am I?**”

She spoke also about how in **Zen meditation** students had to learn both not to be caught by what arose in the mind, and also not to fight it or push it away, but simply let it go on as something alien to themselves and what they were concentrating on. I asked whether this was one of the reasons why they centred their feeling of themselves in the belly. She said yes, and that in the **lotus position the circulation of blood in the legs was reduced**, and by concentrating on the belly the circulation to the brain was also reduced.

Aided by their technique of breathing, the whole strength blood circulation was concentrated in the lower part of the torso. From our point of view, this means, I think, that the centre of gravity of the emotional centre is supplied with an unusual amount of blood—and so I guess this would stimulate the mind of the **emotional centre(the highest part of the centre)** which is one of the gateways to higher emotional and higher mental centre—which the *koan* exercises are, I am sure, designed to help the student reach



Suggested resources:

Search For Truth - Hugh Brockman Lipman, 1999, Forthway Center Palisades Press, Washington DC, USA [May be out of print, Amazon, has used copies\$\$\$].
<https://www.amazon.com/Search-Truth-Spiritual-Biography-Ripman/dp/B0006RTLPM>
Hugh Brockman Lipman, biography:
<https://www.gurdjieff.org/prehn1.htm>
G.I Gurdjieff Society:
<https://www.gurdjieff.org/cover.6-1.htm>

[LINK TO AWAKENING INDEX](#)



Conscious spirituality in search of truth...



VICTOR ZAMMIT: AFTERLIFE REPORT- SPIRITUAL AWAKENING.

Victor Zammit is a former Australian Lawyer, along with his wife Wendy, who is a former journalist, are deeply committed to 'afterlife' research-related topics. Their inspirational free online publication titled "After Life Report" published weekly provides an extensive resource of afterlife topics, links, book extracts, video clips.

Since 2016 I've been receiving these excellent online publications and continue to be amazed at the comprehensive literature coverage of the topics ranging from science, near-death experiences, spirituality-consciousness, silver birch, reincarnation and related areas. Zammit also hosts an extensive online archive index of above e-reports. An article extract from May 12th 2017 report featured Spiritual Awakening and what might denote someone who is spiritually awakened. Following on, a comment by Zammit in 20th October 2017 edition on key differences between religion and spirituality. Both appear below.

—Philip Crouch, Tasmania, 2020



- (1). An increased tendency to let things happen rather than make them happen.
- (2). Frequent attacks of smiling.
- (3). Feelings of being connected with others and nature.
- (4). Frequent overwhelming episodes of appreciation.
- (5). A tendency to think and act spontaneously rather than from fears based on past experience.
- (6). An unmistakable ability to enjoy each moment.
- (7). A loss of ability to worry.
- (8). A loss of interest in conflict.
- (9). A loss of interest in interpreting the actions of others.

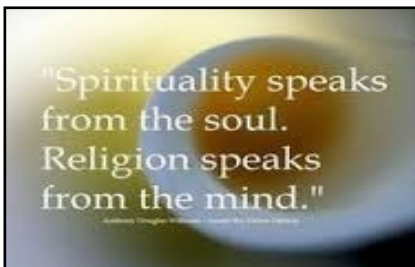


(10). A loss of interest in judging others.

(11). A loss of interest in judging self.

(12). Gaining the ability to love without expecting anything in return.

VICTOR ZAMMIT: DIFFERENCE BETWEEN RELIGION AND SPIRITUALITY



COMMENTARY: Religion and spirituality.

Some leaders in religion insist that by being religious you will automatically become more spiritual.

Are religion and spirituality the same? NO! Why not?

RELIGION:

In any religion, people can be passive, sitting on their backsides for hours, in their church or temple, reading prayer books or praying. But those in urgent need are not being helped! These people have not increased their level of spirituality. Even worse, they can start to be judgmental of others who do not conform to their beliefs and practices.

SPIRITUALITY:

Those who are doing selfless service, unselfishly helping those in need will be increasing their vibrations, their level of spirituality. They are making the world a better, more loving and more peaceful place to live in. Why? Because spiritual activity is what positively increases the vibrations of the soul - something which will have a huge impact on the person at the time of crossing over.



Suggested resources:

Spiritual Awakening: <http://www.victorzammit.com/May12th2017/>

Commentary -Religion and Spirituality:

<http://www.victorzammit.com/archives/2017/October20th2017.htm>

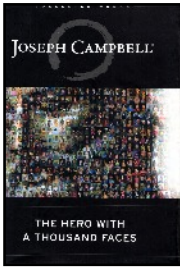
<http://www.victorzammit.com/links/index.html#mediumshipresearch>

Facebook, ARI <https://www.facebook.com/afterlifeevidence>

[**LINK TO AWAKENING INDEX**](#)



Conscious spirituality in search of truth...



JOSEPH CAMPBELL: THE HERO WITH A THOUSAND FACES-12 STEPS

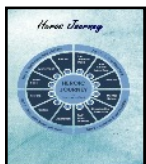
In 1949 Campbell released "The Heros Journey" a publication containing an expose on twelve psychological metaphors representing inner spiritual journeying, challenges faced, encouragement received, mentors met and barriers encountered along the way. Campbell's legacy is a profound research of comparative religions, mythology, ritual associated with finding the meaning of life and why we are here.

In Campbell's highly inspiring work "The Hero With a Thousand Faces" he details these connections succinctly. For serious seekers of Truth and probers of conscious spirituality and an interconnectedness to "inner-work," Campbell offers pathways for exploring these meanings. The Joseph Campbell Foundation website offers articles and similar resources.

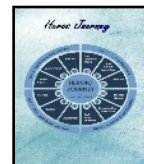
One key aspect of Campbell's work is associated with "The Heros Journey" a summary of twelve steps that lead seekers of Truth along a metaphorical pathway of exploration that enable a real awakening. A diagram below outlines the steps with an explanation following. An extract from "The Hero With a Thousand Faces" also appears below.
 –Philip Crouch, Tasmania, 2020

JOSEPH CAMPBELL: THE HERO'S JOURNEY- SUMMARY OF THE 12 STEPS





JOSEPH CAMPBELL HERO'S JOURNEY- THE TWELVE STEPS



- (1:) **THE ORDINARY WORLD** - Here the person is introduced to the audience. He doesn't know his personal potential or calling.

- (2:) **CALL TO ADVENTURE** - The call to adventure is the point in a person's life when he is first given notice that everything is going to change, whether he knows it or not.

- (3:) **REFUSAL OF CALL/RELUCTANT HERO** - Often when the call is given, the future hero refuses to heed it. This may be from a sense of duty or obligation, fear, insecurity, a sense of inadequacy, or any of a range of reasons that work to hold the person in his current circumstances.

- (4:) **MEETING WISE MENTOR** - Once the hero has committed to the quest, consciously or unconsciously, his guide and magical helper appears, or becomes known.

- (5:) **THE FIRST THRESHOLD** - This is the point where the person actually crosses into the field of adventure, leaving the known limits of his world and venturing into an unknown and dangerous realm where the rules and limits are not known.

- (6:) **TESTS, ALLIES AND ENEMIES** - The road of trials is a series of tests, tasks, or ordeals that the person must undergo to begin the transformation. Often the person fails one or more of these tests, which often occur in 3s.

- (7:) **SUPREME ORDEAL**- This is sometimes described as the person's lowest point or darkest moment. The separation has been made between the old world and old self and the potential for a new world/self. By entering this stage, the person shows her/his willingness to make a change, to die and become a new person.



(8:) REVISITING THE MENTOR - The person revisits the teachings of an old mentor or meets and learns from a new mentor and subsequently returns to the path s/he started on.

(9:) RETURN WITH NEW KNOWLEDGE- The trick in returning is to retain the wisdom gained on the quest, to integrate that wisdom into a human life, and then maybe figure out how to share the wisdom with the rest of the world. This is usually extremely difficult.

Just as the hero may need guides and assistants to set out on the quest, often times he or she must have powerful guides and rescuers to bring them back to everyday life, especially if the person has been wounded or weakened by the experience.

(10:) SEIZING THE SWORD (OR PRIZE)- Here the hero confronts and defeats old enemies with the new power and knowledge gained. S/he is able to overthrow or defeat the opponent.

(11:) RESURRECTION -The old self dies physically or spiritually and moves beyond the normal human state. This is a god-like state where the hero acknowledges her/his new stature. Another way of looking at this step is that it is a period of rest, peace and fulfilment before **the hero begins the return.**

(12:) RETURN WITH ELIXIR* - The return with elixir is the achievement of the goal of the quest. It is what the person went on the journey to get. All the previous steps serve to prepare and purify the person for this step, since in many myths the elixir is like a plant, or a magic potion or medicine, that supplies immortality.

For a human hero, it means achieving a balance between material and spiritual world. There is freedom to live and freedom from the fear of death. This is sometimes referred to as "living in the moment".



JOSEPH CAMPBELL: THE HERO WITH A THOUSAND FACES: *EXTRACT*

“It will always be the one, shape-shifting yet marvelously constant story that we find, together a challengingly persistent suggestion of more remaining to be experienced than will ever be known or told. Throughout the inhabited world, in all times, and under every circumstance, the myths of (people) have flourished; and they have been the living inspiration of whatever else may have appeared out of the activities of the human body and mind.

It would not be too much to say that myth is the secret opening through which the inexhaustible energies of the cosmos pour into human cultural manifestation. Religious, philosophies, arts, the social forms of primitive and historic (people), prime discoveries is science and technology, the very dreams that blister sleep, boil up from the basic, magic ring of myth.”



Suggested resources:

Hero With a Thousand Faces, Joseph Campbell,

<https://www.bookdepository.com/Hero-with-Thousand-Faces-Joseph-Campbell/9781577315933?ref=grid-view&qid=1578866763497&sr=1-2>

<https://www.youtube.com/watch?v=aGx4lppSgU&list=PLePFb3rlFbw4G1aPfn-9HIH5epz0vFXKq>

<https://herosjourneyfoundation.org/>

House of Ideas [assignment] PDF Extract, summary 12 steps

http://www.houseofideas.com/mscornelius/assignments/mythology/research_paper/the_hero_packet.pdf

[LINK TO AWAKENING INDEX](#)



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[LINK TO AWAKENING INDEX](#)