ENLIGHTENMENT AND SPIRITUAL GROWTH: Reflections from the Bottom Up

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Abstract

A tendency to all-or-none thinking, you’re either enlightened or you’re not at all enlightened, confuses our understanding of possible aspects of spiritual growth. These ordinary state reflections begin with the difficulties of defining enlightenment, showing how it is dearer to consider endarkenment and work away from that all too common condition. Using the author’s model that ordinary (and altered states) of consciousness are biological-psychological virtual realities, analogous with computer-generated virtual realities, various continuous dimensions of enlightenment can be considered. The primary two discussed herein are the available (altered) states of consciousness dimension—what ASCs can a person access that are appropriate to various situations?—and the within states dimension of intelligence—given you are in ASC N, how effectively, in how relatively enlightened a way, are you using it? A tool analogy clarifies this line of thinking, where the various tools available are analogous to the available states dimension and the skill in using individual tools is analogous to the within states dimension. The importance of individual differences is stressed, for a person might be relatively enlightened within one particular state, e.g., but not have useful ASCs available, or a person might have access to many ASCs but function neurotically in all of them. As a reminder that this kind of reasoning can only take us so far, even if all useful distance (relative enlightenment within ordinary consciousness), a case of Cosmic Consciousness is briefly described and suggestions for research are put forward.

Refbacks

- There are currently no refbacks.

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Symptoms Of Spiritual Enlightenment – Our main responsibility in this earthly life is to seek and find spiritual enlightenment. Therefore, many people succeed and reach that beautiful state of union with the cosmos and The Divine. If you were practicing spirituality for a while, then you should be aware of these 5 Symptoms Of Spiritual Enlightenment. If all of these are true for you, then you might achieve enlightenment. 5 Symptoms Of Spiritual Enlightenment. This post clearly outlines the nature of the spiritual path according to traditional Yoga. It challenges common misconceptions and dispels fundamental misunderstandings, bringing clarity to the question of what we’re doing and why we’re doing it. Now, despite fanciful stories about ‘sudden enlightenment’, this doesn't happen overnight. Just as it can take you a while to wake up from physical sleep before you're fully awake and clear, in the same way, once you've touched into the truth of your Being, you have to keep touching in and deepening your awareness of Awareness for months or years before it becomes your default state. Spiritual enlightenment and lucid dreaming are connected on many levels. Dreams alone can be highly spiritual, and states of enlightenment can be described as dream-like. Each state is hallmarked by a sense of being outside of our typical waking reality. They can both be sources of inspiration, or perhaps confusion, as we attempt to comprehend the experience. Lucid dreaming allows us to thoroughly
investigate these concepts from a powerfully unique perspective. We can learn a lot from lucid dreams and spirituality as individual topics, but combining them may allow us to streamline the enlightened... Enlightenment and spiritual growth: Reflections from the bottom up. Subtle Energies & Energy Medicine Journal Archives, 14(1). Steven Pace. See more ideas about Spiritual growth, Spirituality, Spiritual growth quotes. Book Reflection: The Seven Spiritual Laws of Success (Part 2). Do you know the Laws of the Universe? Learn about the Seven Spiritual Laws of Success by Deepak Chopra and improve your life! Spiritual Awakening Stages Spiritual Enlightenment Spiritual Path Spiritual Guidance Spirituality Spiritual Growth Quotes Spiritual Wellness States Of Consciousness Spiritual Development. The 71 Undeniable Signs of Spiritual Awakening & What It Means. Spiritual Awakening is the initiation into expanded states of consciousness. Are you experiencing it? Here are the spiritual awakening signs you need to know. These spiritual awakening quotes will inspire a blissful and content life. Spiritual awakening leads to self-realization and a well-adjusted existence. Seeing yourselves from the perspective of the spirit within will help you to remember why you came here and what you came here to do.”- Neale Donald Walsch. Spiritual awakening quotes to broaden your thoughts. 51. “If every day is an awakening, you will never grow old. You will just keep growing.” – Gail Sheehy. 52. “That is the real spiritual awakening when something emerges from within you that is deeper than who you thought you were.”