**[Understanding Consciousness - Part I](http://www.womensradio.com/account/articles/3385.html%22%20%5Co%20%22Understanding%20Consciousness%20-%20Part%20I)**
Consciousness basics: human-mind consciousness and the benefits of expansion into God consciousness

**Understanding Consciousness - Part I**

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| ***By Kathy Kirk, Contributing Editor of Bringing More Life into the World***Share |
| http://www.womensradio.com/uploads/users/images/54jogwqru2oe0gmr.jpgConsciousness is not a new word, but it is certainly the word du jour being liberally sprinkled into conversations these days. Conscious evolution. Conscious living. Conscious Corporations. Conscious choice. What does it mean?  Why might someone decide to grow his consciousness and how?Every spiritual practice and teaching has, at its core, the ultimate reality of making this physical life here on earth beautiful. The newest terms are the Secret and the Law of Attraction. All of them, however, are describing closing the consciousness gap between the human consciousness and God consciousness. All of them.In this series of articles we will explore what consciousness is and how to expand it, and then ultimately how to achieve the Christed Consciousness while in the body on earth. Consciousness is awareness and includes perspective. Humans are the only sentient beings with the ability to be self aware. We can be aware of our own thoughts; we can self reflect on what we have said, thought or done. We can evaluate outcomes and feelings, and then choose again.  Animals can’t do this.  If you hit a dog, he’s not going to spend 20 years planning his revenge on you for hitting him, unlike a human might as in the [**Count of Monte Cristo**](http://en.wikipedia.org/wiki/The_Count_of_Monte_Cristo) When a duck preens its feathers, it is not concerned if it looks as pretty as the other ducks, unlike humans who are aware of their appearances. So our ability to be aware of self thought and behavior is the first piece of human consciousness. Add to that our ability to be aware of what is around us: like other people and other ideas with beliefs attached to those other thoughts, people and ideas.For example we might be aware of other religions and have beliefs about them as wrong, narrow or limited, judging them to be bad or good. We are aware of other ideas and maybe see them as threatening or uplifting. This is human consciousness operating on planet Earth within a collection of thoughts, thought forms, beliefs and ideas that we have picked up along the way of our individual lives. The hallmark of human consciousness is bouncing between pair of opposites like good and bad, them and us. Basically, we have all been “humanized” into this way. Unfortunately, most of what we have learned from our fellow humans has been based in lack and fear – the human consciousness separated from God. It is earthly real; it is not God Real. This is the consciousness described by the story of [**Adam and Eve**](http://en.wikipedia.org/wiki/Adam_and_Eve) in the Garden of Eden when they became aware of the knowledge of “good” and “evil”. It describes a reality outside of God or Oneness. It is, the human condition which we all strive to be released from.http://www.womensradio.com/uploads/users/images/z3z564igihsogta5.jpgThen, there is the Field of Consciousness. The Field of Consciousness is the ground of all consciousness. Included in it are all living things; indeed, everything in Nature, the Earth, the Universe, even Your consciousness. From this Field of Consciousness springs everything that eventually takes form and shape in our physical world. It is also the Field of All Potential and All Possibility. It is the Field of Infinite Intelligence; it is Godmind. This is the most profound level of not just our human consciousness, but all being. It is the field of Oneness. Closing the gap between human consciousness and the Field of Consciousness, or Godmind, is growing or expanding your individual human consciousness, blending it with Godmind until there is no more separation or duality. This is the story of the Prodigal son, returning Home to the conscious realization of Oneness.The ultimate benefit of growing and expanding your consciousness is your personal freedom from fear, doubt and uncertainty. A life lived in the realization of your Oneness with God is liberty. The associated benefits are legion: a stress free life means better health, contentment, happiness and fulfillment anchored, once and for all, in Self confidence and personal security, as you realize that the I of you, is God, itself. At this level of consciousness, you Remember Who You Are.This is also known as the Christed consciousness. Many have achieved it whilst in the body on Earth: Jesus, Buddah, Krisna, Moses, Emerson, and other to varying degrees. They have paved the way for us. It is doable right here, right now in the 21st century. It doesn’t require the life of a monk or a mystic; but it does require a clear intention to realize this state of consciousness and the application of the principles of spirituality. What would a life in the 21st century look like lived in the Christed Consciousness? Outwardly it would look to the world like just another person on earth; inwardly it would be experienced as heaven on earth with You as the master of your own existence: safe, secure, confidant and awake.In this series of articles we will be exploring the principles and the practices for achieving the Christed Consciousness and practicing the Presence. Should you choose to follow these articles and implement them, your first guideline is to tell no one. You are embarking on the most personal and intimate of journeys, the realization of Oneness. This is between you and You, alone. I will repeat this admonition: tell no one; rather take this personal intention deeply into your own conscious mind and nurture it quietly.Next week in "**Understanding Consciousness – Part II**,"  we’ll talk about the principles of spirituality that are the foundation for your practice that will lead you to the Conscious Realization of Oneness and liberty. |