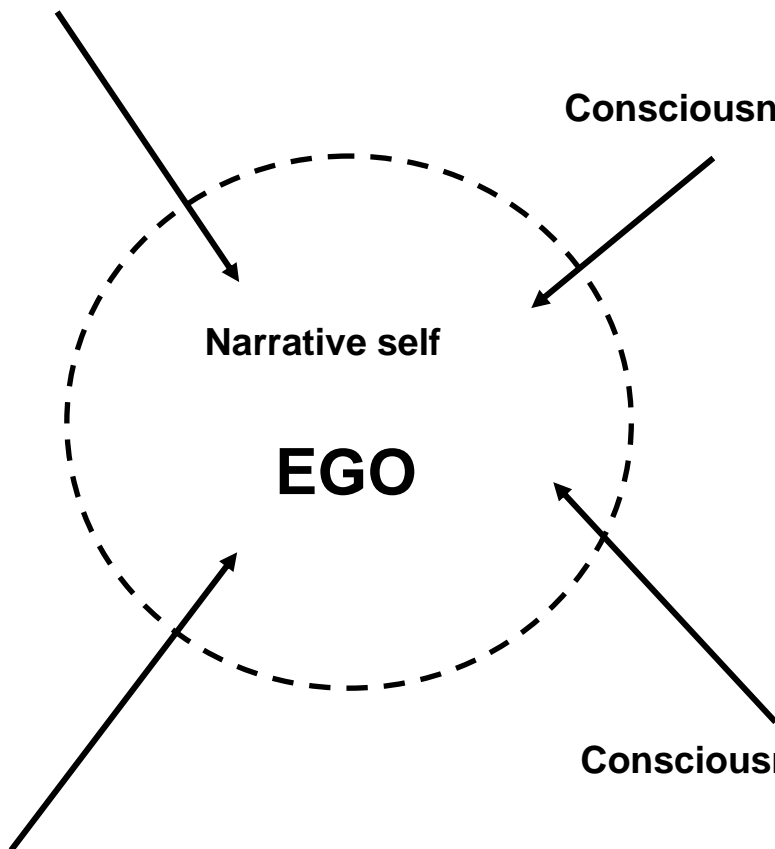


**Consciousness**

**Consciousness**



**Narrative self**

**EGO**

**Consciousness**

**Consciousness**

## **Consciousness**

Pure consciousness is our true nature; it flows through the brain (the finite mind) and is ever present so you don't have to look for it. Positive words to describe awareness of it are peace, love, joy, happiness. In essence it has no sense of agitation or sense of lack that something is missing, otherness or separation attached to it. Most people will have experienced a pure conscious moment in their life. Say yes to everything in the experience of consciousness.

## **The ego....The narrative self!**

The ego has evolved to be your fear manager!! Its nature is to protect itself at all costs. In its narrative unrecognised state it often clouds consciousness. Its weakness is that it is mechanical, not intelligent and reactive when trying to protect itself. It gives you all the negative emotional thoughts and feelings you experience. The ego has layers built from your life experience. It constantly creates problems, identifications and grabbing points that can keep you in a dysfunctional state. Some are just scenarios and stories you've put together and added to and not actual fact. As a consequence you may keep having negative experiences on and off from a range of different situations that occur again and again. Resistance to experience will feed the ego.

## **Cognitive mind programme**

The cognitive mind programme, with practice, will get you to recognise the negative ego and ultimately manage it to a point where it will lose some of its grip on you and become more directional. It is possible for the ego to be virtually nonexistent, at that point you're free; fear and anxiety are completely gone as you live the non-duality consciousness experience. This is only achieved by dismantling the emotional layers of the ego as you evolve and awaken. A good outcome of the cognitive mind programme would be to have some kind of lasting fundamental wellbeing.

Inspired quotes by Alain Forget and Rupert Spira.