Chapter 4: “The Lucid Self”

When you are an aware being, you no longer become completely immersed in the events around you. Instead you remain inwardly aware that you are the one who is experiencing both the events and the corresponding thoughts and emotions. When a thought is created in this state of awareness, instead of getting lost in it, you remain aware that you are the one who is thinking the thought. YOU ARE LUCID.

When you get lost in thought, you become focused on one object, and are unaware of anything else. You can be reading, and then suddenly you’re not reading anymore. You just start to think about something else. The key is that consciousness has the ability to selectively focus awareness on specific objects.

Objects are constantly passing before you at all three levels; mental, emotional, and physical. When you’re not centered, your consciousness gets attracted toward one of more of these objects and focuses on them. If it concentrates enough, your sense of awareness loses itself in the object. It is no longer aware of the object; it just becomes object-conscious.

When you concentrate on the world of the physical senses, it draws you in. Then your emotional and mental reactions draw you in further. At that point, you are no longer sitting in the centered self; you are absorbed in the inner show you’re watching.

When you are in this lost state, you get totally absorbed in the objects of thoughts, feelings, and the senses, that you forget the subject. If you ever want to re-center, just start saying ‘HELLO’ inside, over and over. Then notice that you are aware of that thought. Don’t think about being aware of it; that’s just another thought. Simply relax and be aware that you can hear ‘HELLO’ being echoed in your mind. That is your seat of centered consciousness.

You’re always contemplating something, but this time you’re contemplating the source of consciousness. This is true meditation. True meditation is beyond the act of simple, one-pointed concentration. For the deepest meditation, you must not only have the ability to focus your consciousness completely on one object, you must also have the ability to make awareness itself be the object. In the highest state, the focus of consciousness is returned back to the SELF.